

GWEN'S WORKOUT IS HELLA GOOD {page 13}

metro®



Max 77°
Min 57°

BOSTON

Wednesday, September 26, 2012



You might 'like' this: 'Boston T People'

► Newly launched Facebook page features the people who make the MBTA so much fun to ride ► Photos amassed over several years of Hub commutes {page 02}



sports



Greed ruining America's joy of the gridiron

► NFL owners, Roger Goodell sitting on money as sport becomes a joke {page 21}

clubmetro

ENTER TO WIN
2 TICKETS TO SEE
"A NIGHT OF TWO PIANOS"
AT THE BERKLEE BEANTOWN
JAZZ FESTIVAL, SEPTEMBER
28TH AT THE BERKLEE
PERFORMANCE CENTER.

BERKLEE BEANTOWN
JAZZ
FESTIVAL 12

For your chance to win, log on to
www.metro.us/boston/clubmetro

Sign up for Club Metro and stay in the loop to win great prizes and receive special offers!

AFFORDABLE ONLINE MASTER'S DEGREE PROGRAMS: START NOV. 5

- Master of Business Administration (MBA)
- Master of Science in Finance (MSF)
- Master of Science in Business Ethics & Compliance (MBE)

Accredited by the New England Association
of Schools and Colleges

NECB.edu | 800-997-1673



NEW ENGLAND
COLLEGE OF BUSINESS
AND FINANCE

1

In the news

\$4M

Fifteen of the state's community colleges were awarded various grants that totaled \$4 million, Gov. Deval Patrick's office announced yesterday. The grant money will be used to increase skill training and workforce alignment, improve student learning outcomes and efficiency measures.

METRO

Today's local tweet



"So f----- annoyed, stressed, and pissed. Driving in boston is bound to make me hit someone. Was one inch to hitting a bicyclist ..."

@JHUANGGG, WHO HOPEFULLY WASN'T TWEETING AND DRIVING

See something, tease someone

► Move over, 'People of Walmart' — make way for 'Boston T People' ► T passenger's Facebook page dedicated to pictures of riders' odd appearances



Riding the T can often be frustrating, uncomfortable, and even exhausting, but after years of some chuckle-worthy commutes, one passenger has decided to showcase just how amusing it can be.

Last Thursday, 22-year-old Erika Sheldon created a "Boston T People" Facebook page in which she posts photographs of her fellow T riders.

Sheldon, an avid T passenger with a sense of humor, updates the page daily with pictures she snaps of the more "unusual" sights, like slumped over drunken passengers, the unfortunately dressed or those

with the odd facial expressions. "It started in college — I would commute back and forth, and just see all these crazy people," she told Metro yesterday.

No bad hair day is safe from Sheldon's smartphone, but so far there are few complaints.

"I thought I would get more negative feedback, but I haven't. People have been really pumped about it," she said.

The one negative comment so far came on Reddit: "One person said, and pardon my language, that 'it was a pretty (expletive) thing to do.' But that's it," Sheldon said.

One of the page's fans, Nikki Faye Frankel, said that one of her favorite activities is people-watching, and described the

MBTA as "fertile grounds" for it. "When you are in public, you should know that you are being observed. In this techno-

From the creator

According to Sheldon, the Blue Line is the best territory for funny photo fishing.

Sheldon on her favorite Boston T People photo, which was taken at South Station. "She is kind of bald and her dress is pulled down. That one was pretty brutal. So much

had gone wrong that day — for her, not for me. That was a good day for me."

People of Walmart laid the Boston T People tracks: "People of Walmart didn't inspire me, but it gave me the confidence to do it. I was concerned people would be upset, but I thought, 'If People of Walmart can do it, why can't I?'"

What does the T think?

After checking out the page, MBTA spokesman Joshua Robin said, "Our riders are a creative bunch. We are happy the T is an outlet to express their creativity."

Robin also said the page does not break any of the MBTA's policies. Sheldon said she has not gotten "caught" yet by her photo subjects.

MORGAN ROUSSEAU
morgan.rousseau@metro.us

UMass says chemist never earned master's

BOSTON. The former chemist at the center of the state drug lab crisis falsified her resume that was on file with the state.

Annie Dookhan claimed she earned a master's degree in chemistry from the University of Massachusetts Boston; however, school officials there said that is not true, according to the Globe.

Dookhan earned a bachelor's degree in chemistry from the school in 2001, but did not take any other classes.

She is accused by state officials of being the "rogue chemist" who tainted



thousands of drug cases in the state lab in Jamaica Plain.

The mishandling has already led to the release of some defendants.

METRO/BOSTON.COM

Latest for casino license is 2014

MASSACHUSETTS. Casino gambling in the Bay State is likely still years away as the Massachusetts Gaming Commission said yesterday it will award the first casino license by the end of February 2014.

The announcement was made during a meeting yesterday.

The commission is hoping to award it earlier than that date.

Experts have said it will likely take three years for a resort casino to be built.

BOSTON.COM

Child services worker faces child porn charges

BOSTON. A Holbrook man employed by a Boston children's organization was charged yesterday in federal court with receipt and possession of child pornography.

Edward F. Cousens, 66, knowingly received and possessed films depicting minors engaged in sexually explicit conduct, authorities said.

According to court documents, between March 2008 and September 2012, Cousens purchased more than 60 DVDs of child pornography online.

Cousens is a part-time accountant at Wediko Children's Services in Boston, a nonprofit organization that provides therapeutic and educational services to children with emotional and behavioral problems. He also served as a Big Brother to several adolescent males in the past, the Department of Justice said.

If convicted, Cousens faces a mandatory minimum of five years and up to 20 years in prison, to be followed by up to a lifetime of supervised release and a \$250,000 fine.

METRO

Video footage: GOP staffers mock Warren

A video filmed by the state Democratic Party shows GOP staffers and a lawyer in Sen. Scott Brown's office making tomahawk motions and yelling Native American "whoops" during an event to mock Democratic challenger Elizabeth Warren.

The 46-second video shows a shouting match between Brown and Warren supporters outside an event in Dorchester Saturday. Warren came under fire earlier this year for saying she is part Native American, which critics say she used to advance her career.

Brown said he doesn't condone the actions, but said Warren needs to apologize for taking advantage of "a claim."

"It's certainly something if I'm aware of it. I'll tell that member to never do it again," Brown said.

Brown also said seven police were called to keep order at the event because of the "behavior and the mob scene with a lot of her supporters."

A spokesman for the state Democratic Party said the video was another sign that Brown's campaign is "flailing and in trouble."

— *State House News Service material was used in this report.*

MICHAEL NAUGHTON
michael.naughton@metro.us

Quoted



► Warren

"Scott Brown and his staff are launching outrageous and offensive personal attacks to distract from the issues that matter. The behavior of his staff is completely inappropriate, but the tone of the campaign is set by the candidate."

MATT HOUSE, SPOKESMAN FOR
THE DEMOCRATIC PARTY

Volunteering. Service Day



► Blue Cross Blue Shield employees work on the mural at the Dever McCormack K-8 School in Dorchester yesterday.

NICOLAUS CZARNECKI/METRO

Dozens of volunteers helped paint a mural at the Dever McCormack School in Dorchester yesterday. The help was part of the Blue Cross Blue Shield Annual Service Day. Some of the volunteer work involved improving the schoolyard, including creating a hopscotch course in the play area. ● METRO

A GOOD BANK GIVES YOU VALUE BECAUSE IT VALUES YOU.

**SWITCH YOUR CHECKING ACCOUNT TO CITIZENS BANK TODAY
AND EXPERIENCE THE VALUE OF 5.**

Get the value you deserve. When you open a new personal checking account with a \$500 minimum opening balance between 9/1/12 and 9/28/12, you can choose any or all of these great offers.

5.00%
APY

5%

.51%

5-MONTH FIXED-RATE CD

Minimum deposit of \$1,000, maximum deposit of \$5,000

EXTRA CASH BACK

on gas, grocery, and drug store purchases for first 90 days with a new CashBack Platinum MasterCard® for a total of 10%

DISCOUNT

on a home equity line of credit rate

How rewarding your new relationship can be is up to you. The more you put in to these great offers, the more you can get out of them. So talk to us today and see just how rewarding good banking can be. Isn't it time you experienced good banking?

CALL 800-600-0008 | CLICK citizensbank.com/555

COME IN to any Citizens Bank or Stop & Shop® branch **OPEN 7 DAYS**

GOOD BANKING IS GOOD CITIZENSHIP™ Citizens Bank

Member FDIC Equal Housing Lender. Accounts, loans and services are subject to credit approval. Citizens Bank is a brand name of RBS Citizens, N.A. (NMLS ID# 433960) and Citizens Bank of Pennsylvania (NMLS ID# 522615). RBS Citizens, N.A. and Citizens Bank of Pennsylvania are affiliates. Offer available in select markets only. Offer may be withdrawn without notice and cannot be combined with any other checking offer. Primary account holder may not be or have been a primary or secondary signer on any personal account within the previous six months. Personal account includes, but is not limited to, checking, deposit & savings accounts, all consumer loans, and/or brokerage - speak to a banker for complete details. **CD Offer:** One per household. Open with money not currently on deposit at Citizens Bank. Active personal checking required to open. Annual Percentage Yield (APY) accurate as of 9/1/12. Penalties for early withdrawal. An active checking account is defined as having 5 qualifying payment transactions that post and clear your account per statement period. Qualifying payments include ATM withdrawals, payments made in our branches, using our Online Banking service, Debit Card purchases, checks paid and automatic electronic payments to a third party. Transfers to your checking, savings, and money market accounts are excluded. Online Banking transfers to Business loans or credit lines do not qualify. **Credit Card Offer:** Earn 5% cash back on gas, grocery and drug store purchases and 1% on all other purchases made with your CashBack Platinum MasterCard for the first 90 days. As an extra bonus for a qualified checking account, all gas, grocery and drug store purchases will earn an additional 5% - for a total of 10% cash back for the first 90 days. After the 90-day promotion period, you will earn 1% cash back on all purchases. Offer applies to new CashBack Platinum MasterCard accounts that applied between 9/1/12 and 9/28/12 with the opening of a new qualified checking account. RBS Citizens, N.A. will determine the total dollar amount of qualified purchases made during the 90-day promotion. The assignment of any qualified purchase to a Merchant Category will be solely determined by us and will be based upon the type of merchant rather than the nature of the product or service purchased. The bonus points will be posted by your March 2013 credit card statement. The account must be in good standing to receive the additional bonus points. This cannot be combined with any other credit card offers. See Credit Card Agreement for details. Your 90-day promotional offer will start on the date your account is approved, allowing up to an additional 20 days for you to receive and activate your card. Once you have applied for an account you will be notified of the status within 30 days. **Home Equity Line of Credit Offer:** .51% Home Equity Line Rate Discount: .25% discount for a Circle Gold Checking® account with automatic deduction of your monthly home equity line of credit payment and .26% discount with initial draw of \$25,000 at closing.

Survivor's sudden recall of shooter is questioned

► Marcus Hurd was shot in the head during Mattapan massacre and is now a quadriplegic ► He now says he recognizes the man who shot him ► BPD detectives said they were initially shocked by victim's revelations

A doubting defense attorney tried to poke holes in the testimony of police detectives and a victim witness advocate who said the lone survivor of the Mattapan massacre told them he can now identify the alleged gunman after originally giving vague descriptions during trial.

Marcus Hurd told Kara Hayes, of the Suffolk County district attorney's victim witness program, and various Boston police detectives that after testifying earlier this year he recognized the "bone structure" and skin color of one of the defendants, they said.

Hurd's statements to the officials were the subject of a hearing in Suffolk Superior Court yesterday during which defense attorney John Amabile tried to keep them from being allowed in an upcoming retrial. Hurd was left a quadriplegic after being shot in the head and originally described the gunman as "tall" and "skinny" and



► Victim witness advocate Kara Hayes testifies during a hearing for Duane Moore.

The victims

Besides Hurd, four other people were shot during the robbery. Only Hurd survived.

► Amanihtop Smith, 2
► Eyanna Flonory, 21
► Simba Martin, 21
► Levaughn Washum-Garrison, 22

testified that the gunmen were wearing masks or hoodies.

The trial earlier this year ended in an acquittal of one of the accused gunmen and a mistrial for Dwayne Moore. Moore will be retried next month in the 2010 shooting of Hurd and the fatal shooting of four people, including a 2-year-old boy and his mother.

Amabile, Moore's attorney, questioned Detective Frank

McLaughlin on why he and another detective didn't record an interview with Hurd after Hurd said he could now identify the gunman.

"We were outside in a public place with people coming and going ... there was no room where we could go where we wouldn't be interrupted," McLaughlin said about his visit this summer to Hurd's rehabilitation facility.

McLaughlin said he had his recorder with him, as he often does, but that he didn't use it.

Hayes said Hurd told her on the day he testified that he recognized Moore's features. She said she did not alert police or prosecutors until a second meeting with Hurd weeks later at a rehabilitation facility when he mentioned it again.

A judge is expected to rule on the issue later.



MICHAEL NAUGHTON
michael.naughton@metro.us

Groundbreaking. Special concert



► Passion Pit performs in Cambridge yesterday.

Passion Pit headlines ceremony

As part of a groundbreaking ceremony celebrating the new headquarters for EF Education First, local alt-rock heroes Passion Pit performed a special set. The new \$125 million North American headquarters will be located in the North Point area of Cambridge. ● METRO

News in brief

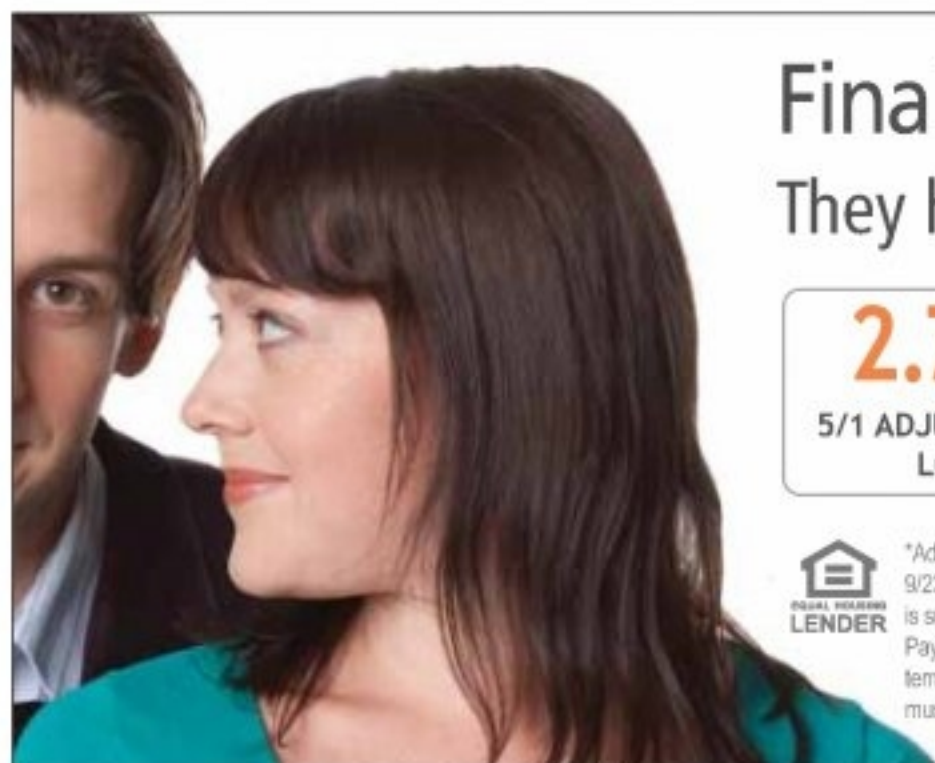
Menino, Saucony proclaim 'Run for Good Day' today

BOSTON. Mayor Thomas Menino is due in Dewey Square at 12:30 p.m. to proclaim today as "Saucony Run For Good Day" as part of his Boston Moves for Health ini-

tiative. The new partnership between Saucony, which designs running shoes and gear, and the city is meant to encourage the public to participate in the mayor's challenge of moving 10 million miles together as part of Boston Moves for Health.

Menino will be joined by three 2012 U.S. Olympians, including gold medal winners DeeDee Trotter and Lauryn Williams.

● METRO



Finally, Angie and Mark were ready to tell their friends. They had already locked-in their incredibly low mortgage rate.

2.75% RATE | 3.17% APR*

5/1 ADJUSTABLE RATE NO FEE MORTGAGE
LOANS UP TO \$1.75 MILLION



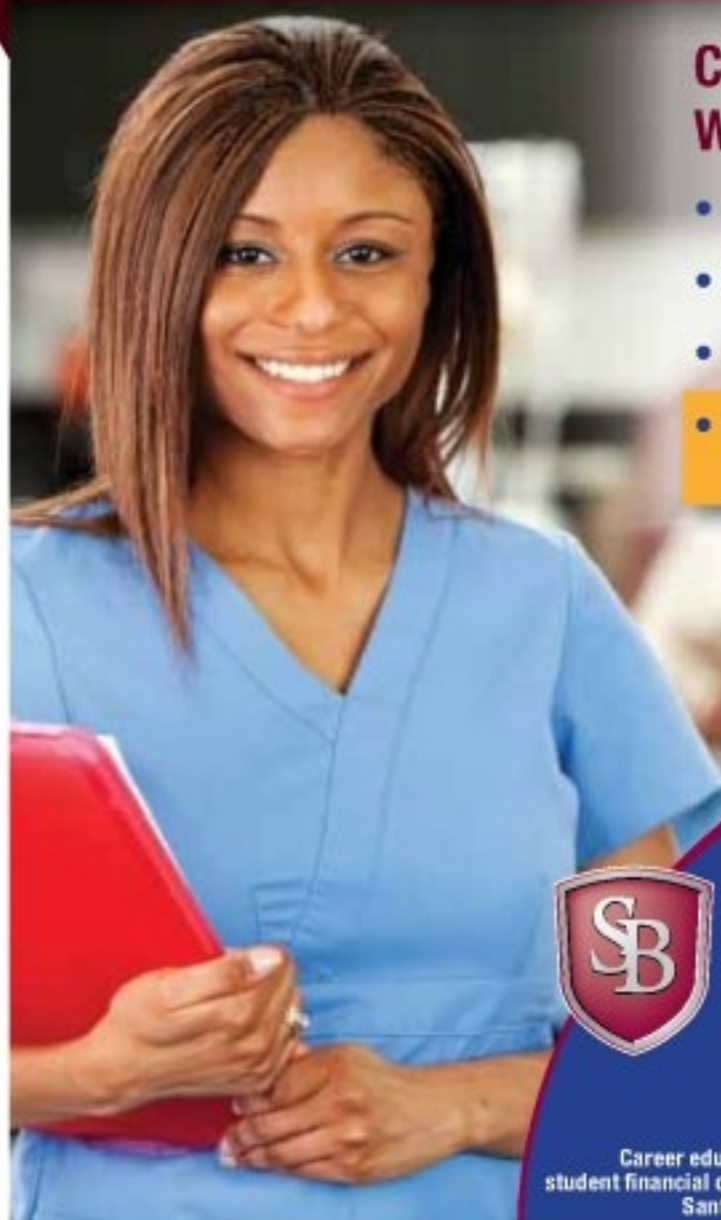
*Adjustable Rate Mortgage (ARM): 5-year initial rate with an annual percentage rate (APR) of 3.17% and a discounted interest rate of 2.75% as of 9/23/12. LTV up to 80%. Monthly payment years 1-5 per \$1,000 borrowed is \$4.08, years 6-30 payment per \$1,000 borrowed is \$4.42. After 5 years rate is subject to change annually. The rate at the time of adjustment is based on the 1-year Treasury (index) plus a margin of 3.25%. Current index is 0.18%. Payment does not include taxes and insurance escrows; actual payment may be greater. The rate is variable and is subject to credit approval, additional terms and conditions may apply. Minimum loan amount is \$150,000. Homeowners insurance required and flood insurance where necessary. Property must be primary residence. Available for residences located in MA or southern NH. All rates are subject to change without notice. NMLS# 198524.



RadioBDC
LIVE IN THE LAB
SEPT 27 SHOW
SEE THE SHOW BEFORE THE SHOW.
STREAM LIVE INTIMATE SETS FROM YOUR FAVORITE BANDS.

MINUS THE BEAR
THURSDAY SEPT 27 @ 1:30PM
TUNE IN TO boston.com/radio

The Fresh & Ruben
The New Morning Show
TUNE IN TO boston.com/radio



CONTINUING EDUCATION WITH **SANFORD-BROWN!**

- Stay credentialed
- Learn new skills
- Expand your knowledge base
- **Phlebotomy training starts as soon as October 26th! Call now to register!**

Call now and ask about training in our
Phlebotomy workshop!

Contact Nancy for more info!

617.578.7135
nobrien@sbboston.com



Sanford-Brown[™]
COLLEGE

126 Newbury Street | Boston, MA 02116

Sanford-Brown College Inc., A Private Two-Year College

Career education 345536-09/12. Find disclosures on graduation rates,
student financial obligations and more at www.sanfordbrown.edu/disclosures
Sanford-Brown College cannot guarantee employment or salary.

politicians, stretch properly before you put your foot in your mouth.

Keeping government flexible for 38 years.
\$0 to join and October is FREE.*



boston sports clubs[®]

MySportsClubs.com

**RATE-LOCK
GUARANTEE**
Your monthly dues
will never increase.

*Offer requires a 1-year membership and may not apply to all membership types. Monthly dues are waived from 10.1.12 – 10.31.12. Processing fee is due upon enrollment. Sales tax where applicable. Not transferable. No cash value. Cannot be combined with any other offer. Offer expires 9.30.12.

FIDDLEHEAD THEATRE COMPANY
— in conjunction with the —
AMERICAN CIVIL LIBERTIES UNION
— presents —

RAGTIME ★ THE MUSICAL ★

STARRING:

Shonna Cirone
as Mother



Damian Norfleet
as Coalhouse



Book by Terrence McNally, Music by Stephen Flaherty, and Lyrics by Lynn Ahrens
Presented through special arrangement with Music Theatre International

AT BOSTON'S HISTORIC STRAND THEATRE
SEPTEMBER 28–OCTOBER 7, 2012

Based on E.L. Doctorow's distinguished novel, *Ragtime* intertwines the stories of three extraordinary families as they confront history's timeless contradictions of wealth and poverty, freedom and prejudice, hope and despair—and what it means to live in America.

"A triumph for the stage!"—*Time magazine*

"It's the best musical in twenty years."—*International Herald Tribune*

Winner of the 1998 Tony Awards for Best Score, Book, and Orchestrations

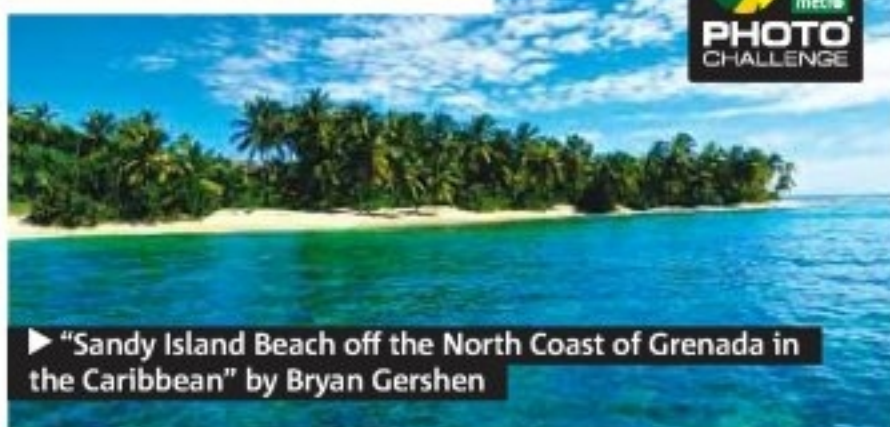


Thomas M. Menino, Mayor

For specific dates and times or to order tickets online visit www.fiddleheadtheatre.com

To order tickets by phone call 866-811-4111 • For more information call 781-329-1901

Metro Photo Challenge



► "Sandy Island Beach off the North Coast of Grenada in the Caribbean" by Bryan Gershen

Visit www.metrophotochallenge.com to submit your best photos to the world's largest photo competition and have the chance of getting published!

SPONSORED BY

Hunt's

New in brief

China carrier a show of force as Japan tension festers

TOKYO/BEIJING. China sent its first aircraft carrier into formal service yesterday amid a tense maritime dispute with

Japan in a show of force that could worry its neighbors.

China's Ministry of Defense said the newly named Liaoning aircraft carrier would "raise the overall operational strength of the Chinese navy" and help Beijing to "effectively protect national sovereignty, security and development interests." **REUTERS**

Obama at UN vows US won't let Iran gain nuclear weapon

President Barack Obama warned Iran yesterday the United States will "do what we must" to prevent it from acquiring a nuclear weapon and said time was running short for diplomacy but ignored the Israeli prime minister's demand to set a "red line" for Tehran.

Taking the podium at the United Nations six weeks before the U.S. presidential election, Obama sought to counter criticism of his foreign record by Republican rival Mitt Romney, who has accused him of mishandling the Arab Spring uprisings, damaging ties with Israel and not being tough enough on Iran.

Obama also challenged world leaders to stand united against anti-American violence that has swept many Muslim countries in recent weeks and to promote tolerance amid anger over a crudely made video that offended Islam.



► Obama

"A nuclear-armed Iran is not a challenge that can be contained," he said. "It would threaten the elimination of Israel, the security of Gulf nations and the stability of the global economy."

PRESIDENT BARACK OBAMA

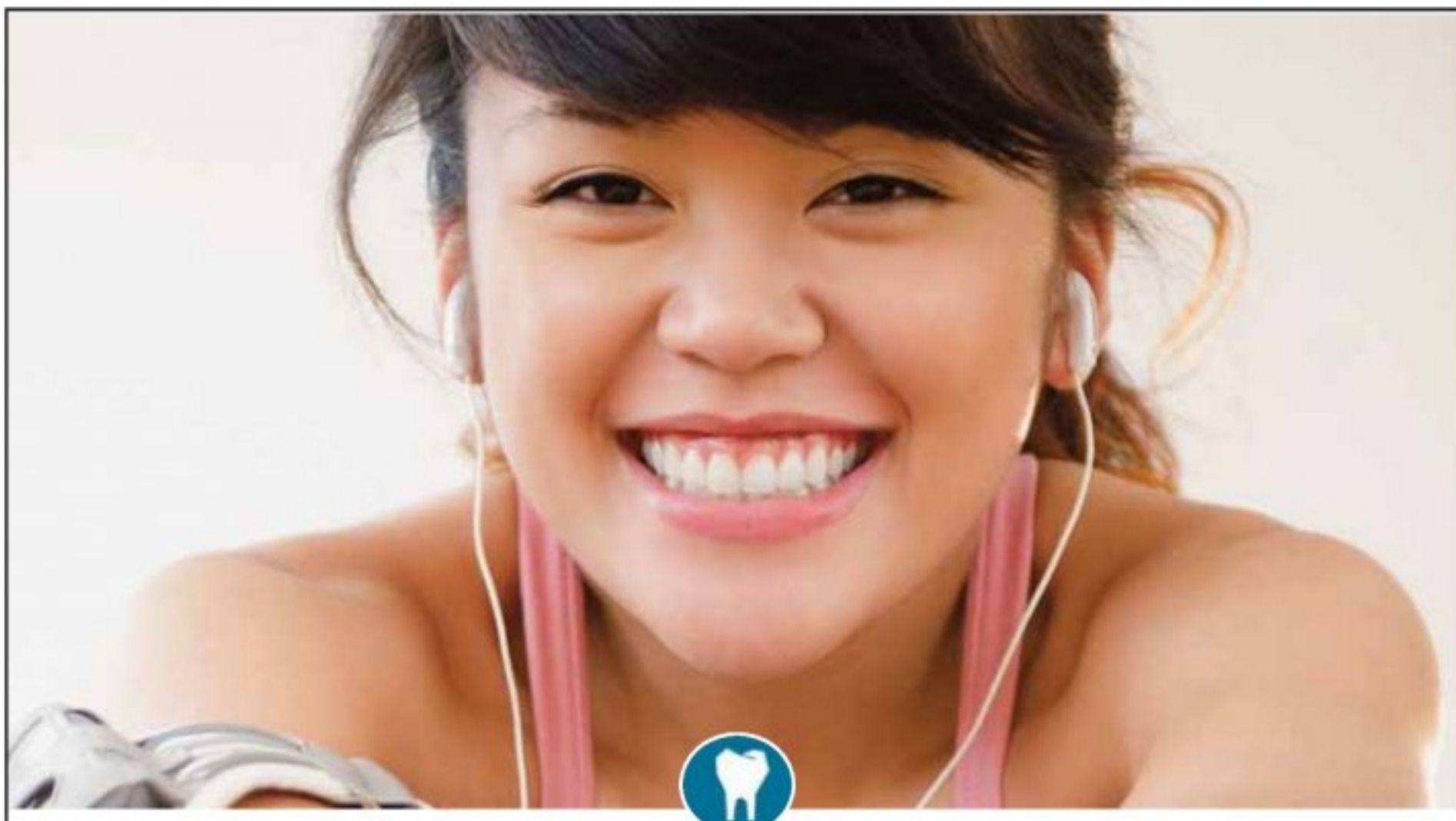


► People listen as Obama speaks during the General Assembly of the United Nations yesterday in New York City.

Seeking to step up pressure on Iran, Obama told the U.N. General Assembly that there was still scope for reaching a diplomatic solution but that "time is not unlimited."

His tough talk appeared aimed at easing Israeli Prime

Minister Benjamin Netanyahu's concerns about U.S. resolve to curb Tehran's nuclear drive, as he reassured before the world body that he would never let Iran develop an atomic bomb and then simply contain the problem. **REUTERS**



FOR CLEANINGS, FOR FILLINGS, FOR PEACE OF MIND.

Affordable individual dental coverage for as low as \$20.04 a month.

All online. Apply at altusdentalfor1.com

altusdentalfor1
offered by altus dental insurance co., inc.

DONATE YOUR CAR

Wheels For Wishes

Benefiting

MAKE-A-WISH

Massachusetts and
Rhode Island



- *Free Vehicle Pickup ANYWHERE
- *We Accept All Vehicles Running or Not
- *We also accept Trucks, RVs, SUVs & Boats
- *Fully Tax Deductible

WheelsForWishes.org

Call: (617) 701-7647

BE A PROCESS SERVER

Earn up to \$50/hr. in your own business.
Serve papers for lawyers, full time or part time
from home Must be over 18 years of age &
have own transportation

NO RISK — The Courts Are Busy
Call 617-365-2646 [24 Hours]



Mitt Romney pulls his punches at Clinton event

Introduced by Bill Clinton and facing a room filled with Democrats, Republican presidential nominee Mitt Romney pulled his punches yesterday and outlined an approach to foreign aid that would boost the role of free enterprise in developing nations.

Romney addressed the former president's Clinton Global Initiative and from the outset made light of his situation.

Clinton's speech at the DNC last month gave a boost to President Barack Obama, who now leads Romney in a number of swing states that will be vital in the Nov. 6 election.

The Clinton Global Initiative is a bipartisan aid effort, and Romney held back from his usual campaign barbs against Obama. **REUTERS**



► Presidential candidate Mitt Romney and former President Bill Clinton attends the Clinton Global Initiative 2012.

Quoted

"If there's one thing we've learned this election season, it's that a few words from Bill Clinton can do a man a lot of good. After that introduction, I guess all I have to do is wait a day or two for the bounce."

ROMNEY, JOKING ABOUT SHARING THE STAGE WITH CLINTON, WHICH PROMPTED LOTS OF LAUGHTER FROM THE LARGE AUDIENCE

News in brief

President: We need our refs back

Well before the disputed game between the Green Bay Packers and Seattle Seahawks last night that ended in a touchdown crowd-catch requiring a 10-minute off-field conference of the temporary referees, President Barack Obama was on to the NFL's problem.

Last week, as the Milwaukee Sentinel Journal's Bill Glauber reports, the president spoke about the league's stand-in referees in a telephone interview. They were talking about the Cleveland Browns when Obama said: "One thing I got to say, though: Is it just me or do we have to get our regular refs back?"

The president also made his thoughts known on Twitter yesterday — @BarackObama:

"NFL fans on both sides of the aisle hope the refs' lockout is settled soon." **BLOOMBERG**

Obama leading in Fla., Ohio polls

President Barack Obama leads Republican nominee Mitt Romney in Florida and Ohio, two crucial states for the challenger, according to a poll published today. The Washington Post survey of likely voters gave Obama a lead of 51 percent to 47 percent in Florida, the decisive state for Republican George W. Bush in 2000, and a 52 percent to 44 percent lead in Ohio, a state captured by every Republican candidate who won the White House.

The findings of the poll taken Sept. 19-23 were similar to a Sept. 9-11 survey of likely voters taken by NBC News, the Wall Street Journal and Marist College. That survey found Obama with a 49-percent to 44-percent advantage in Florida and a 50-percent to 43-percent edge in Ohio. **BLOOMBERG**

All about Ohio

High-profile campaign visits this week underscore Ohio's importance in the election. **BLOOMBERG**

52

Years since a presidential candidate was elected without carrying Ohio in the general election

12

Ohio has sided with the White House winner in the past 12 presidential races.

20

Ohio has 20 electoral votes at stake, the seventh most in the nation.

29K

Obama and Romney have bought more than 29,000 ads in Ohio since Sept. 17.

51.5

Obama won in Ohio four years ago with 51.5 percent of the vote to John McCain's 46.9 percent.

Metropolitik

TIMOTHY P. CARNEY

SENIOR POLITICAL ANALYST,
THE WASHINGTON EXAMINER



THE FEDERAL GOOD LIFE

It's tough to run against big government in a state made rich by big government. Virginia Republican George Allen is trying to walk that fine line in his open-seat U.S. Senate race. Only three counties in America have a median household income higher than \$100,000, and they are all in northern Virginia: Loudoun, Fairfax and Arlington. Look a bit further down the Census Bureau's list published last week, and notice that seven of the country's 10 richest counties are within commuting distance of D.C. You can surmise where that wealth is coming from: the expanding federal government.

The federal workforce is huge here. Fairfax, Loudoun and Arlington have 200,000 government workers among them. In the two counties on the Metro rail system, Arlington and Fairfax, government employs 25 percent of all workers — compared with less than 15 percent nationwide.

Then add in federal contractors who work here in order to be close to the center of power: between "500,000 and 600,000 federal contract workers supported by \$82 billion in federal procurement awards," according to Stephen Fuller of George Mason University's Center for Regional Analysis.

Fuller adds: "Federal spending constitutes 40 percent of the Washington-area gross regional product, without counting the lobbyists and associations or tourists."

Hence northern Virginia's wealth. A family headed by two GS-10s (federal employees with moderate experience) at the Department of Energy could easily pull in \$128,000 between them. If one of them cashes out, for instance, going to a downtown nuclear-industry trade association or a green-energy lobbying firm, she could command \$200,000, easy. The workers in the military-industrial complex haul in even more, especially if they came to Lockheed Martin or Northrop Grumman through the revolving door from the Pentagon or Capitol Hill.

As a result, government overspending and federal expansion — good whipping boys around the country — are the cash cows of northern Virginia. This makes things tough for any politician running as a conservative in the Old Dominion.

Quoted

As a result, government overspending and federal expansion — good whipping boys around the country — are the cash cows of northern Virginia. This makes things tough for any politician running as a conservative in the Old Dominion.

The 2008 election bore this out. Obama won 60 percent of the vote in Loudoun, Fairfax and Arlington (and even more in the cities of Falls Church and Alexandria) — compared with 53 percent statewide. Close-in Fauquier and Prince William counties also made the Census Bureau's list of the 10 wealthiest counties, and Obama did better in both of them than he did statewide.

Virginia Attorney General Ken Cuccinelli is from Northern Virginia, and he attributes the region's recent leftward progression to transplants flocking to Washington's growth. "We're importing all these people that work in the federal government and businesses associated with the federal government," Cuccinelli told me. "They are obviously, generally, pro-federal government. And that tends to be pro-Democrat instead of Republican."

So how does George Allen handle this dynamic? Awkwardly. If Allen wants to cut federal spending — even domestic, social spending — he needs to dry up some of his state's money pot. Allen says, correctly, that if unnecessary federal jobs are trimmed as government is shrunk, private-sector jobs will replace them. But those private-sector jobs won't necessarily be in Virginia.

Allen's opponent, former Gov. Tim Kaine, sees this tension and tries to exploit it. Kaine, as a Democrat, is at home with the argument that government spending creates jobs. It's another bitter fruit of government's growth — a class of wealthy government dependents who vote.

— Timothy P. Carney can be contacted at tcarney@washingtonexaminer.com.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send 100-word submissions to letters@metro.us.

myentertainment

THE WORD



Metro's **Dorothy Robinson** shares her take on the world of gossip [@dorothyatmetro](#) [dorothy.robinson@metro.us](#)

A new MySpace: Welcome back, Tom?

ALL PHOTOS GETTY IMAGES



► Next up: Nick Lachey will relaunch Friendster while the O-Town boys work on a Geocities reboot.

Are social media platforms like fashion? Wait long enough and pretty soon we'll be looking for them again in the deep recesses of our closet?

Well, guess who we might find back there next to the fancy packs and boot cut jeans: **Tom** from MySpace.

Justin Timberlake invested in the faltering site in 2011 and has apparently been working hard on a revamp. On Monday, Timberlake Tweeted a sleek new video of the site and, dare I

say it, it looks amazing. If you've become tired of Facebook, with the ever-present Someecards and other spammy developments — not to mention **Mark Zuckerberg** and Co.'s increasingly shady information-sharing practices — the new MySpace might be a safe haven (no word on if there's a ban on baby photos, however).

The new, clean interface of the beta site looks like a mash-up of Facebook, Instagram, Pinterest, Spotify and Twitter, and

focuses heavily on music. There are several other notable changes, like easy drag-and-drop interactivity and ways to connect with other people who share your interests.

Now, I just need to find the nerve to log back in when the new site finally launches — I'm terrified to see how many porn stars I've become friends with in my absence, as well as what my "mood" was in 2007. Let's just hope Tom has updated his white T-shirt.

See? Nothing good came from 'Batman and Robin'

Before news broke of **Arnold Schwarzenegger's** 14-year-old love child with housekeeper **Mildred Baena**, he confessed the news himself to wife **Maria Shriver** — but only after she confronted him about it in therapy. "The minute we sat down, the therapist turned to me and said, 'Maria wanted to come here today and to ask about a child — whether

you fathered a child with your housekeeper Mildred,'" Schwarzenegger writes in his new memoir. "I told the therapist, 'It's true.'" According to the book, the therapy session took place in January 2011, four months before he publicly admitted to fathering the child, whom he says was conceived during production of "Batman and Robin."

Poor "Batman and Robin." It killed both **Chris O'Donnell's** movie career and an A-list political marriage. Thanks a lot, **Joel Schumacher**.



► Holy affair with the housekeeper, Batman!

Talking points

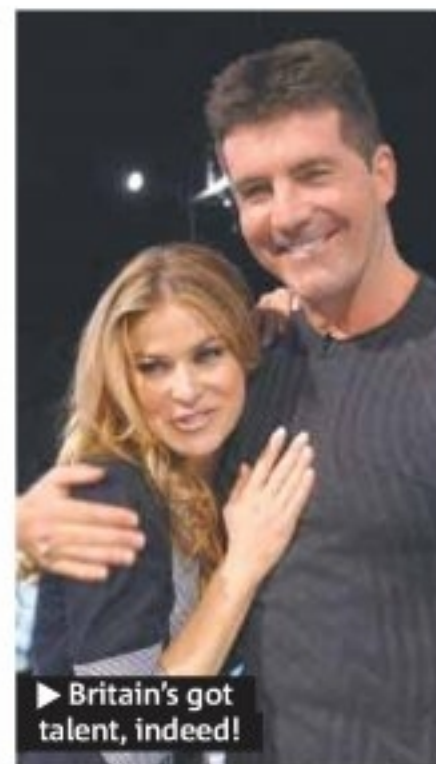
Lohan rushed to hospital

Lindsay Lohan was rushed to a hospital in New York recently due to a pesky respiratory infection, according to TMZ, but she's not in any danger. "Lindsay was treated and released and is doing fine," her rep insists. Hoping to clear things up further, the troubled actress' dad, **Michael Lohan**, has released a statement: "She got rid of [the infection] before she left for Atlanta to shoot

'Scary Movie,' but obviously she didn't get enough rest and it came back," he says. "She's on antibiotics."

A wedding for Kutcher and Kunis?

Things seem to be getting serious fast between **Ashton Kutcher** and **Mila Kunis**, with talk of marriage already popping up — along with, apparently, a dirty secret about Kutcher's marriage to **Demi Moore**. "Mila's now saying she and Ashton want to marry and raise children," a source tells Perez Hilton. "She's assured stunned pals that he doesn't need a divorce from Demi because the



► Britain's got talent, indeed!

two were never legally wed in a civil ceremony. They got 'hitched' in a symbolic Kabbalah ceremony."

Carmen and Cowell: Hot together

Simon Cowell is reportedly dating **Carmen Electra**, according to In Touch. The pair turned heads recently during a rather cozy dinner at a West Hollywood restaurant. "They were really into each other," a source says. "At one point they were talking real close, and he leaned in and kissed her. They started making out." Rumors of something between the two started earlier this year when

Cowell had Electra serve as a guest judge for "Britain's Got Talent," though she was engaged at the time.

Gomez's book choice raises eyebrows

Selena Gomez was spotted last week carrying around the marriage self-help book "The Five Languages of Love," prompting speculation as to why the 20-year-old girlfriend of **Justin Bieber** would need marriage advice. But Gomez insists it came highly recommended. "Actually, my preacher suggested it to me just for fun, so I'm reading it just for fun," she tells Hollyscoop.



The feed ...

► Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, **Alyssa Milano** is feeling outclassed, **Katy Perry** feels at home, **Kanye West** is rethinking our approach to language and **Steve Martin** is learning.

@AlyssaMilano
Sigh... I wish I liked anything on my body as much as Christina Aguilera likes her boobies. Bless her and those boobies!

@katyperry
There's no place like Tokyo, there's no place like Tokyo, There's no place like Tokyo.

@kanyewest
What if there was no profanity... What if we decided to legalise profanity in a sense? In France they play songs with cursing on the radio

@SteveMartinToGo
Just wondering. Women are different from men, right? But are their bodies different too?



Alyssa Milano

Hot shots we missed because of Emmy fever



1

1. Looking more like a Barbie doll every day, here is **Nikki Minaj** at her "Pink Friday" fragrance launch event at Macy's Herald



2

Square on Monday in New York City.

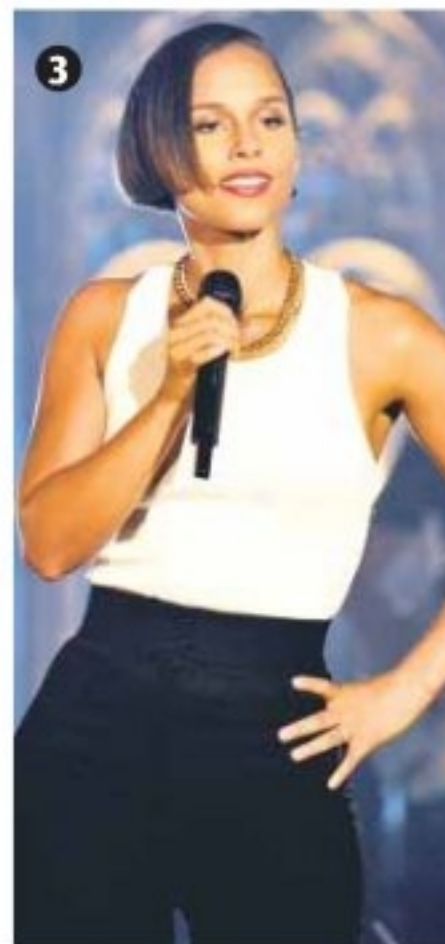
2. Despite the age difference between the two, **Miley Cyrus** and **Gwen Stefani** looked almost like twins backstage during the 2012 iHeartRadio Music Festival on Friday in Las Vegas.

3. Lookin' fine, **Alicia**. Here is Ms. Keys headlining "MTV Crashes

Manchester" on Monday in England.

4. **Elizabeth Banks** gave her best "I'm over it" face while at the premiere of "Pitch Perfect" in Hollywood on Monday.

5. **Anna Kendrick** was also at the "Pitch Perfect" premiere — and almost giving the same face.



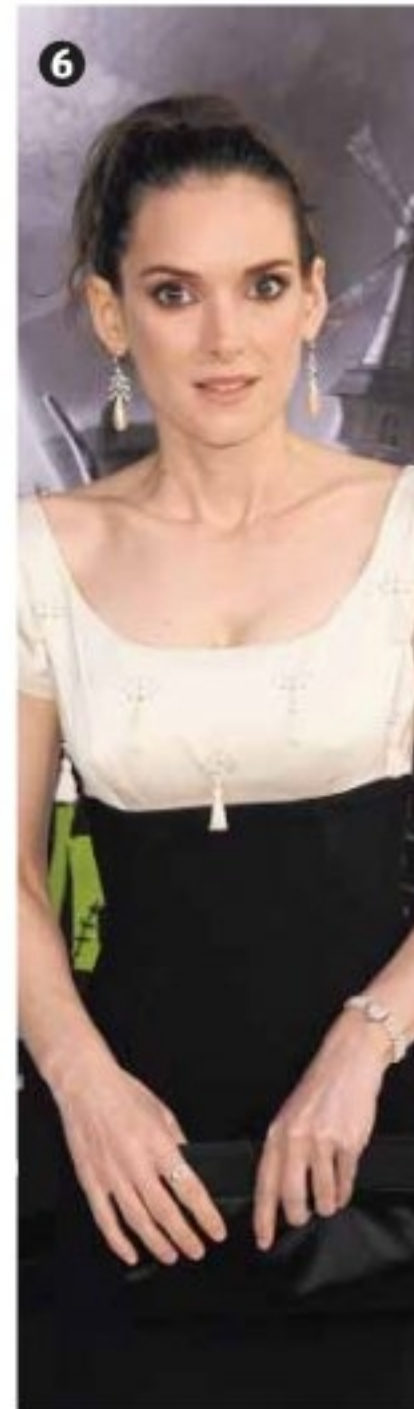
3



4

5

6. **Winona Ryder** looked spooked at Disney's "Frankenweenie" premiere at the El Capitan Theatre on Monday in Hollywood.



6

1: DAVE ROTINSKY/GETTY IMAGES
2: ISAAC BRIDGES/GETTY IMAGES FOR CLEAR CHANNEL
3: SHERILYN FORREST/REDUX VIA GETTY IMAGES
4: JASON MERRITT/GETTY IMAGES
5: KEVIN MAZUR/GETTY IMAGES
6: JESSE GRANT/WIREIMAGE



DO YOU DRINK AT LEAST ONE SODA, SPORTS DRINK OR FRUIT PUNCH PER DAY?

Are you a healthy **18-40** year old? If so, you could participate in an important study at Children's Hospital Boston.

You would receive:

- 1 year of beverages delivered to your home at no cost.
- American Express gift cards up to \$300.
- A comprehensive body composition report including changes in body fat, lean mass, and body shape.
- Information on changes in blood pressure and cholesterol levels.

Email us at Bash@childrens.harvard.edu, Call 617-355-2500 Option 1, Visit childrenshospital.org/bash



Boston Children's Hospital



Macbeth

by William Shakespeare directed by Paula Plum

October 3 – November 4, 2012

Chevalier Theatre | Medford

Tickets: 866-811-4111 or actorsshakespeareproject.org



CAREERS THAT BUILD AMERICA™

CAREER TRAINING IN:

- › Medical Assistant
- › Medical Office Assistant
- › Massage Therapy
- › Pharmacy Technician
- › Criminal Justice
- › Network Communications & Information Systems



LINCOLN IS A PARTNER IN YOUR SUCCESS AND OFFERS:

- › Convenient day and evening classes
- › Financial aid for those who qualify
- › Career placement assistance upon graduation

SCHEDULE A CAMPUS TOUR TODAY
800-878-9793 | LincolnTech.com

SOMERVILLE CAMPUS

5 Middlesex Avenue
Somerville, MA 02145



For student consumer information visit: www.LincolnEdu.com/consumerinfo. Programs vary by campus. Microsoft is a trademark or registered trademark of Microsoft Corporation in the United States and/or other countries. 38106550612-3847

CAREER TRAINING

EDUCATION

GRADUATE AND BE JOB-READY IN LESS THAN

1 YEAR!

Call Now!

1-888-204-0249

Apply online at www.EnrollEverest.com

Everest INSTITUTE

1505 Commonwealth Ave. • Brighton, MA 02135
70 Everett Ave. • Chelsea, MA 02150

Programs and schedules vary by campus. Accredited Member, ACCSC. For useful consumer information, please visit us at www.everest.edu/disclosures.

Caspian sailing in uncharted waters

How do you describe a band whose music outgrows their prescribed genre? For the North Shore-based post-rock quintet Caspian, the release of their third full-length album may make the need for a new descriptor necessary.

"When I think of post-rock, I immediately think of 2003 to 2005," says Calvin Joss, a guitarist and founding member of Caspian. "I think of long, drawn-out, guitar-oriented songs that are thematic and big: bands like Mono, God Speed You! Black Emperor and Explosions in the Sky."

Caspian certainly began as a post-rock band, but over time their sound has evolved. Their latest album, "Waking Season," which dropped yesterday, features a number of elements not typically associated with the genre. One song even includes vocals (a first for the band); oth-

ers incorporate samples and electronic sounds.

"We never felt a duty to be post-rock," says Phil Jamieson, who also plays guitar. "We just view ourselves as our own separate entity — as Caspian."

Caspian's larger-than-life yet beautifully melodic sound can transport listeners. Even a commute to work accompanied by a Caspian record can feel like you're living inside an epic film. This characteristic has attracted networks like HBO, CBS and MTV, all of which have used Caspian's music in their programming.

"Waking Season" has also received praise from the likes of Spin and Alternative Press, which hailed the album as "one of the best records of 2012."

"There's more on this record that draws from each of our individual influences — the music we actually listen to," ex-



▶ Caspian play with Minus The Bear and Cursive tomorrow at Royale (279 Tremont St., Boston).

Further up

Caspian formed in 2003 out of the remnants of a few other bands on Massachusetts' North Shore. They played their first shows to friends and fans in sports bars in Beverly (about 25 miles north of Boston, if you didn't know) where most of the group's original members, including Jamieson and Joss,

were living.

The band recorded a demo in a friend's house in 2004 and got their first break opening for Japanese post-rockers Mono later that year. They released their debut EP, "You Are the Conductor" in 2005 and immediately hit the road, touring nearly nonstop and returning home to Beverly only to write and record.

plains Joss. "The depth and texture, and the use of a lot of different instruments, breaks out of the mold of what people consider post-rock."

The members of Caspian don't seem too worried about

alienating longtime fans.

"We never underestimate the ability of our audience to grow with us," says Jamieson.

JONATHAN D. FITZGERALD

THAT WAS ME
BEFORE

LOOK AT ME
TODAY!



Turn One Day into Day One
in the field of **Medical Assisting** with the training you'll receive at Sanford-Brown

Text mySBos to 94576 or call
888.391.9444
sanfordbrown.edu/Boston

- Ongoing career services assistance
- Financial aid is available for those who qualify



126 Newbury Street | Boston, MA 02116
Sanford-Brown College Inc., A Private Two-Year College

Career education 325888-06/12. Find disclosures on graduation rates, student financial obligations and more at www.sanfordbrown.edu/disclosures. Credits earned are unlikely to transfer. Sanford-Brown College cannot guarantee employment or salary.

HELP CENTER

THE MIRACULOUS DROP

"I had a four-litre cyst and needed to have it removed. After the surgery, the excruciating pain of the cyst had returned. I remembered how terrible I felt after the first operation and I didn't want to go through that again. So, I started using every day the **Miraculous Drop**. As I continued with my regular treatment, I received my ultrasound result, which showed that the cyst was gone!"

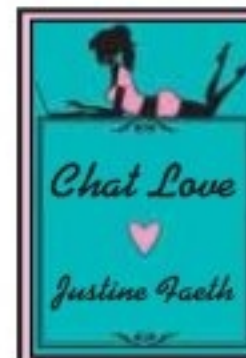
Bring your own bottle of water and receive the **DROP OF THE HOLY OIL**

This Thursday at 7:30PM

East Boston: 570 Bennington St.

(Wood Island Station-Blue Line; Corner with Moore St.)

CALL NOW: 1-800-801-6591



Google Justine Faeth

TO ORDER CHAT LOVE BOOK VISIT

Amazon.com
BarnesandNoble.com
ReaderstoreSony.com
Ebookpie.com/Kobobooks.com

A Funny, Romantic Book about Online Dating

www.JustineFaeth.com



Are you 16-24 years old?

Looking for a career in
Certified Nurses Aid
Certified Medical Assistant
Culinary Arts and more?

We offer no cost training, high school diploma/GED, driver's license, room & board and placement services. Immediate openings for young women!

What are you waiting for??

Call now: 1-800-733-JOBS

Being present in 'The Absence'

► Melody Gardot talks about how nowhere is her home
► Jazz performer on why less is more in her music, too

Melody Gardot doesn't live out of a suitcase. She lives out of three. Not just when she's traveling — which is much of the time — but that's it: That's all her stuff. It's not about minimalism; it's about space for life rather than space for stuff, a theme that's at the root of her latest record, "The Absence."

"There's a notion that absence is lonely, but it doesn't have to be," says Gardot. "I've spent so much time in Portugal in recent years; I'm always coming and going so often that someone told me that it's like I never leave. I'm never really absent. My memory is there."

It's a nothing-isn't-empty theory that the 27-year-old jazz

If you go

An Evening with Melody Gardot
Tomorrow, 8 p.m.
Berklee Performance Center
136 Mass. Ave., Boston
\$36-\$46, 617-747-2261
www.berkleebpc.com

singer and songwriter thinks holds true in music: "Sometimes when you don't fill up by playing every note, the music is more beautiful and often has more value."

Gardot says that for now she has every material thing she needs.

"I am a practicalist," says the singer, who grew up in Philly. "I have one jacket for the cold, one for the rain, shoes that are closed, shoes that are open. My essentials are a bit more than they would be on a desert island. But that's because I have to get ready for shows."

Another bonus to not having a home is not having household chores.

"I definitely don't like to clean the house. The good thing about living in a hotel is that you go out and come back later and someone's cleaned your room."

LINDA LABAN
linda.laban@metro.us



► Melody Gardot shows off a few of her things.

SHERVIN LAINEZ

Finding therapy in the kitchen

One thing Gardot misses about not having a home is cooking. She says that eating a macrobiotic, organic diet helped her body heal after an accident in 2003 — she was hit by a car whose driver shot through a red light — left her with brain and spinal injuries. "When I come off the road, the first thing I look for is a place to go where I can cook. I love to cook. It's the most therapeutic way to recover."

Charter School Enrollment, Apply Now!

Smith Leadership Academy Charter School
Enrolling New Students Now
2013-2014 School Year

Middle School Students Grades 6th & 7th

Text SLA to the Number 41513

Message & data rates may apply.

Apply online: www.SmithLeadership.org
Put Your Child On the Waiting List, Now

We Provide:

- A Safe Environment
- Extended School Days
- Character Development Projects
- College Preparatory Courses
- SSAT/ISEE Prep
- Community Service Programs
- Extracurricular Activities
- Student Centered Learning
- International Service Learning Trips
- Chess, Basketball, Track



"Learning Today...Leading Tomorrow"
Smith Leadership Academy, CPS
23 Leonard Street Dorchester, MA 02122
www.SmithLeadership.org
617.474.7950 x 10



Is Your Child Overweight?



Confused About What To Eat and Drink?

Researchers at Children's Hospital Boston are studying the effect of different foods and beverages for weight loss in **12-17 year olds**.

Benefits include:

- Individual sessions with a dietitian
- Cooking demonstrations
- Daily text messages

American Express® gift card (\$120) at the end of the study.

For more information about the Think AHEAD Study, please call or email:

617-355-2500 Option 4

ThinkAHEAD@childrens.harvard.edu



Children's Hospital Boston

OLIVIA GUO D.D.S.

General & Cosmetic Dentistry

dr_guo@ogdentalgroup.com

PLEASE CALL TODAY FOR ZOOM!

WHITENING SPECIAL PACKAGE FOR \$299

THE PACKAGE INCLUDES IN-OFFICE ZOOM! WHITENING, CUSTOM MADE TAKE-HOME WHITENING TRAYS AS WELL AS TAKE-HOME WHITENING GEL FOR TOUCH UPS. THE PACKAGE IS DESIGNED FOR YOU FOR \$299 (ORIGINAL PRICE AT \$499).

The offer ends on Oct. 15th, 2012.

Patient must present ad for an initial consultation to qualify for ZOOM! whitening. Some restriction may apply.

Dental Services

- Adult & Children Comprehensive Dental Exam • Prophylaxis • Periodontal Therapy
- Composite Fillings • Crown & Bridge • Onlay • Dental Implant • Partial & Complete Dentures
- Root Canal Therapy • Oral Surgery • Teeth Whitening • Invisalign® • Nightguard • Emergency Service



dental group

40 Centre Street, Brookline, MA 02446

t. 617 505 6530 | f. 617 505 6531

ogdentalgroup.com



Apocalypse nowish

It's 2012. You know what that means: Another long-predicted apocalypse is about to chew us up and spit us out. This mania for the end of the world has taken pop culture by storm, from "The Hunger Games" to, um, "Honey Boo Boo." Even video games have gotten in on the act. A spate of new titles let us live out our demented dystopian fantasies. Here are reviews of two you can play while buying time in the bomb shelter.

'Tokyo Jungle'
Company: Sony

Sidescroller



LAWRENCE BONK

LAWRENCE.BONK@METRO.US

Console: PS3

Grade: **00000**

You know that show on History Channel that talks about what the world will be like after man is gone? This is, more or less, a video-game version of that show. You play as an animal of your choosing as you wander



around a dilapidated Tokyo after the fall of man. The goal is simply to survive.

The presentation is chintzy and the graphics are PS2-level, but boy, is this game addicting. It's a rush to stealthily move around the city as a lowly pomeranian, picking off smaller game and avoiding bears, lions and even nastier beasts. Every animal controls differently and has its own strengths and weaknesses. Exploring the world as each one shoots the replay value of this \$15 download-only title through the roof.



► "Borderlands 2" is sure to be a fall standout.

'Borderlands 2'

Company: Gearbox

Console: PS3/Xbox 360/PC

Grade: **00000**

"Borderlands" and its sequel are the closest thing you can get to playing a massively multiplayer game set in the world of Mad Max. There's no Tina Turner, but there's plenty of cool weapons, devils and bandits and crumbling

infrastructure. If you are new to the series, it's a first-person shooter with a major emphasis on RPG mechanics. Just like "Diablo," the game constantly dangles carrots in the form of stat increases and new items to fool around with. Taking this concept online makes it the first true blockbuster of the fall season.

LOOK AT ME TODAY!

THAT WAS ME BEFORE

Text mySBos to 94576 or call
888.396.2444
sanfordbrown.edu/Boston

- Ongoing career services assistance
- Financial aid is available for those who qualify

Turn One Day into Day One
in the field of
HEALTHCARE
with the training you'll receive
at Sanford-Brown

126 Newbury Street | Boston, MA 02116
Sanford-Brown College Inc., A Private Two-Year College

Career education 321165-08/12. Find disclosures on graduation rates, student financial obligations and more at www.sanfordbrown.edu/disclosures. Credits earned are unlikely to transfer. Sanford-Brown College cannot guarantee employment or salary.

T | A | G

theater & arts guide

THEATER

GREAT THEATRE IN A GREAT NEW THEATRE

The surprise arrival of two young lovers disrupts a predictable day in the life of a comfortably married middle-aged couple. This unexpected meeting changes their lives in this delicious new comedy.

Running Sept 6-30 at MRT • Tickets start at \$20.
MRT.org | 978-654-4678

EXPERIENCE THE ART. OBERON

PINSKY & HOBGOOD TWO NIGHTS ONLY

Dig it! POEMJAZZ: Sept 27 & Sept 28 at 8 PM
Poet Robert Pinsky & Grammy Award-winning Jazz pianist Laurence Hobgood blend jazz & poetry in this live, intimate concert.

Tickets from \$25 | CLUB OBERON.COM
On the fringe of Harvard Square

MARIE ANTOINETTE

FINAL PERFORMANCES MUST CLOSE SEPT. 29

This barbed and brassy dark comedy provides a peek into the life of cake enthusiast and infamous representative of the 1%.

Featuring **Brooke Bloom** and **David Greenspan**

Tickets from \$25 American Repertory Theater
americanrepertorytheater.org | 617.547.8300

RAGTIME

Fiddlehead Theatre Company & the ACLU present
RAGTIME: THE MUSICAL
Book by Terrence McNally, Music by Stephen Flaherty, and Lyrics by Lynn Ahrens

At the Strand Theatre, Boston
SEPTEMBER 28- OCTOBER 7
Call 866-811-4111

Or visit www.fiddleheadtheatre.com
Supported by Thomas M. Menino, Mayor

To advertise in this directory contact Tiffany Carnuccio
at 617-532-0121 or email: tiffany.carnuccio@metro.us

BOSTON'S BRAZILIAN FITNESS

AN EXPLOSIVE MARTIAL ART/DANCE FORM

1ST WEEK OF CLASSES FREE*

*MENTION THIS AD
MONDAY & WEDNESDAY @ 9:30 PM
(857) 312-6686
1421 BEACON ST., BROOKLINE | WWW.SINHACAOPEIRA.COM

FALL CLASSES ARE STARTING NOW
DAY, EVENING & SATURDAY CLASSES AVAILABLE

- Medical Billing and Coding Specialist
- Clinical Assistant (Phlebotomy, EKG Injections)
- Dental Assistant with internship
- Medical Assistant with internship
- Hospital Central Service Technician with internship

Call for details and FREE consultation

School License #030618B

1.888.383.6058 | WWW.BOSTONCAREER.ORG

Boston Career Institute

BROOKLINE
320 Washington street

MALDEN
422 Main street

T & BUS ACCESSIBLE

LAW OFFICES OF JEFFREY S. GLASSMAN, LLC

PERSONAL INJURY • FREE CONSULTATION • NO FEE UNLESS SUCCESSFUL
AUTO ACCIDENTS • SLIP & FALL • DEATH CASES • WORKER'S COMP

We Will Travel To You • Call Now - We Are Easy To Talk To!

SERVING ALL OF MASSACHUSETTS
www.jeffreyglassman.com

617-367-2900
Toll Free: (888) 367-2900
Se Habla Español

Boston Fisheries Foundation invites you to the first annual Boston Fish Pier Seafood Festival

Saturday, October 6 from 11:00 a.m. - 6:00 p.m.
Bank of America Pavilion, 290 Northern Ave., Boston
T: Take Silver Line "SL2" from South Station to 306 Northern Ave.

Tickets \$10, students \$8, children under 12 free.
Buy now at www.bostonseafoodfestival.org and at the door

Come "sea" what it's all about!

All day clambake; "small plates"; beer, wine, and soft drinks; chefs' demos; oyster shucking contest; artists and artisans; sustainable seafood information and more. Fun for all ages!

Lesson 1: Eat like Gwen

According to personal trainer Mike Heatlie, who has worked with Gwen Stefani on and off for more than 10 years, 75 percent of exercise is overrated. "It's not that it doesn't help," he explains, "but if you want a slim waist and six-pack as defined as Gwen's, you need to reduce your overall body fat, and the only way to do that is by changing your diet."

The fat-loss strategy

"We live in an obesogenic environment — meaning fatty, sugary foods are everywhere, making it hard for us not to get fat," Heatlie tells Metro. "If your diet is rich in white carbs — pasta, cereal — then you're probably consuming too much energy. Carbs stop the fat-burning process because the body prefers using the energy provided by carbs — glycogen — over the energy from fat. The body will only start burning fat if carb levels are low and it has no other option."

Going slowly

It's not what you eat once in a while that matters, but what you eat consistently, Heatlie explains: "A diet plan that's too strict becomes unsustainable. If 90 percent of your diet is 'good,' then the remaining 10 percent that's 'bad' doesn't really matter. Choose five to six days in the week when you aim to reduce your intake of carbohydrates. Maybe swap your breakfast of cereal for a protein smoothie with fruit. In the evening, have something like salmon or chicken with

vegetables — which you should always have with your dinner — rather than bread and pasta. But make sure you give yourself one to two days off where you can eat more or less what you want, as this then becomes a sustainable lifestyle rather than a quick-fix diet."

The secret to Gwen's six-pack

"The key to a six-pack like Gwen's is to follow a strict low-carb diet combined with regular resistance training," Heatlie says. "You could have the most amazing six-pack, but if there's a layer of fat over it, you won't be able to see it. The body fat must be around 15 percent for women and less than 10 percent for men if you want that six-pack to show."

ROMINA MCGUINNNESS



Gwen Stefani

'Push and Shove' your way to a body like Gwen Stefani's



Lesson 2: Move like Gwen

If it feels like you're putting a tremendous amount of effort into your workout, yet you're not getting the results you're hoping for, then it could be that you're not training correctly:

"In order to notice a difference you need to be working out at the correct intensity levels," Heatlie says. "Your body shape will only change if it's put under strain and stress because the real fat-burning hormones, growth hormone and testosterone, only get stimulated under intense physical training."

While he recognizes the benefits of cardiovascular training (such as running or cycling), Heatlie believes that one of the best ways to get a lean and sexy muscular structure like Stefani's is by mixing cardio and resistance training. We asked him to share with us the workout he does when he's training with Stefani.

Do the exercises in the following order:

- ▶ Dumbbell squat (working the lower body)
- ▶ Standing dumbbell shoulder

press (working the upper body)

- ▶ Front lunge (working the lower body)
- ▶ Tricep dip (working the upper body)

Tip: "Make sure that you don't rest in between each move. If you are a beginner, the maximum time you should stop is 10 seconds. The workout needs to be as intense as possible as your body needs to be stressed in order to change."

Dumbbell squats

Holding a dumbbell in each hand, position your legs shoulder-width apart with your toes pointed straight ahead. Pull your weight down through your leg muscles and keep your weight back on your heels as you descend. Push your chest out very slightly in front of you to counterbalance the heavy load on your heels. Push up powerfully from each squat.

Sets: 4 **Reps:** 12-15

Dumbbell shoulder press

Grab the dumbbells, keep your feet hip-width apart and slightly bend your knees. Bring the weights up to your shoulders and

lift your arms up towards the sky, keeping your stomach and lower back tight. Bring your arms down (weights should be by your neck) — three seconds on the way down — and then press the weights back up.

Sets: 4 **Reps:** 12-15

Front lunges

Stand with your feet together, hands on hips. Make sure your shoulders are back and your chest is out, and then take a big step forward with your right leg as you drop your left knee to the floor. Once you've dipped to the floor, push off and drive back to the center using your right heel. This is great for your quads and glutes.

Sets: 4 on each side **Reps:** 12-15

Tricep dips

Sit on a bench or chair and put your hands by your sides. Step out just far enough so that your back is barely touching the bench or chair. Make sure you don't step out too far, as this will put unnecessary stress on the elbows. Remain in control of your movements as you dip up and down.

Sets: 4 **Reps:** 12-15

Lesson 3: Live like Gwen

Check out No Doubt's newest video — "Settle Down" — and you'll see that Stefani looks more like 22 than 42. "The only way to appear naturally younger is to lead a balanced lifestyle," says Heatlie. "If you carry excess weight and have too much stress in your life, it will start to show on your face, making you look older than you are."

- 1 "Avoid eating too much salt, which causes water retention and will make you look bloated."
- 2 "Keep your diet high in antioxidants by making the effort to eat plenty of fresh fruits and vegetables every day as well as drinking four to five cups of green tea and about three liters of water. Antioxidants prevent and repair damage to our body's tissue by slowing or preventing the damaging effects of free radicals."
- 3 "Cut back on or cut out alcohol and cigarettes. Chemicals in tobacco smoke damage collagen and elastin, the fibers that give your skin its strength and elasticity. Alcohol intake can reduce the level of vitamin A within the body, allowing free radicals to spread and accelerating the deterioration of collagen and elastin."

fitcorp.com
meet your fitness goals

MEET YOUR weight training GOALS



Prudential Center - Copley Square - Government Center - Financial District - Reservoir Place



NEW MILLENNIUM

151 TREMONT ST. BOSTON, MA. | 617.292.0550 | www.newmillenium-costum

Tattoo Removal Prices Starting At Just \$99

- Laser Designed Specifically For Tattoo Removal
- Perfect For Lightening Old Ink For Cover Up Tattoos
- Experienced Skin Care Specialist
- Minimal Pain, No Scarring
- Tattoos Gradually Fade Away
- Free Consultation • Book Online or Call

The Only Laser Of Its Kind In Boston!



**Safe and
Effective**



Come and visit us on beautiful
Newbury Street in Boston.
We offer the most
competitive prices for
Tattoo Removal in Boston.

137 Newbury St, 6th Floor, Boston, MA. 02116

617-391-7922

www.tataway.net

TATAWAY
laser tattoo removal

14

my metro

WEDNESDAY, SEPTEMBER 26, 2012

mywellbeing

Arsenic found in rice: Should you be worried?

We were alarmed when we heard about the levels of arsenic in rice and rice products recently uncovered by Consumer Reports, so we asked registered dietitian Rachel Begun, M.S., R.D., to break down the findings for us.

What did Consumer Reports find in its study?

Following their investigation of arsenic in juices, Consumer Reports tested 223 samples of rice and rice products across a broad range of food categories, and found varying levels of arsenic in more than 60 rice and rice products. They tested for

both levels of inorganic and two forms of organic arsenic. Inorganic arsenic is the form associated with long-term health effects.

Are there limits on how much arsenic can be in food?

Currently, there is no federal limit for arsenic in foods. The FDA is in the process of testing 1,200 rice and rice products by the end of 2012 so they can analyze the results from a variety of rice types and rice-based products as well as based on the geographical regions the rice is grown in. Based on these results, they will make recommendations and take measures

for reducing exposure to arsenic.

Do the findings affect different types of rice?

For brands producing both white and brown rice, brown rice was found to have higher levels of arsenic. This may be due to arsenic concentrating in the outer layers of the grain, which are removed for white rice production.

What does arsenic do to the body?

Long-term exposure to high arsenic levels has been associated with cancer and heart disease.

● METRO

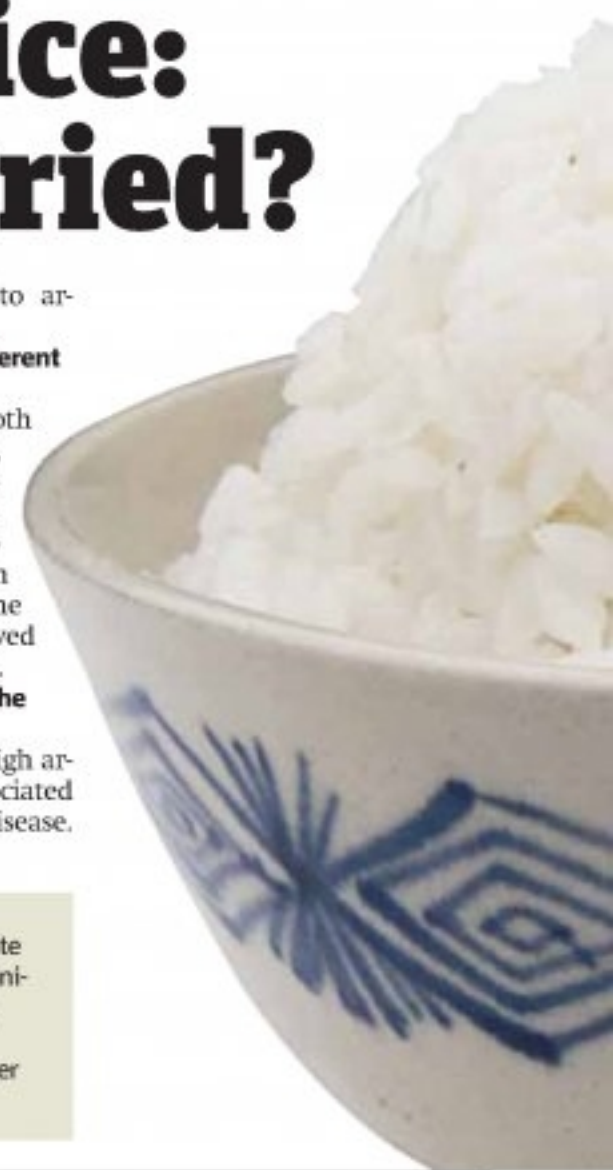
Q&A

Does this mean that we should stop eating rice?
Are there safer ways to go about incorporating it into our diets?

Consumers should take the following precautions:

- ▶ Eat a balanced diet that includes a wide variety of foods, including a variety of whole

grains. This ensures adequate intake of nutrients while minimizing the risk of potential harm from any one food.
▶ Rinse raw rice in cold water before cooking.



GET YOUR HEART ON

VOLUNTEER FOR AN HIV VACCINE STUDY

VOLUNTEER

We're looking for HIV-negative, 18-50 year old men who ❤️ men, and transwomen for an HIV vaccine study. Don't worry... you can't get HIV from the vaccine. You will be paid for your time.



FENWAY HEALTH

617-927-6450

www.bostonisready.org



CUTE UNDERWEAR



CONDOM



PRE-EXPOSURE PROPHYLAXIS (PrEP)

SEX CAN HAPPEN ANY TIME. BE PrEPARED WHEN IT DOES.

Fenway Health is looking to develop more ways to protect yourself against HIV, including PrEP—a daily HIV prevention medication. Adding PrEP could be the next step in your sexual health routine.

You could be eligible to participate in a research study on PrEP if you are:

- ▶ 18 years or older
- ▶ A man or transgender woman who has sex with men

Learn more about how you can prepare yourself.

Call 617.927.6450

If you are eligible, you may receive up to \$500 for your participation.

Join the NEXT generation of HIV prevention.

FENWAY HEALTH

next PrEP

COSTUMES

es.com | Next to LOEWS BOSTON COMMON 19 amc THEATRES

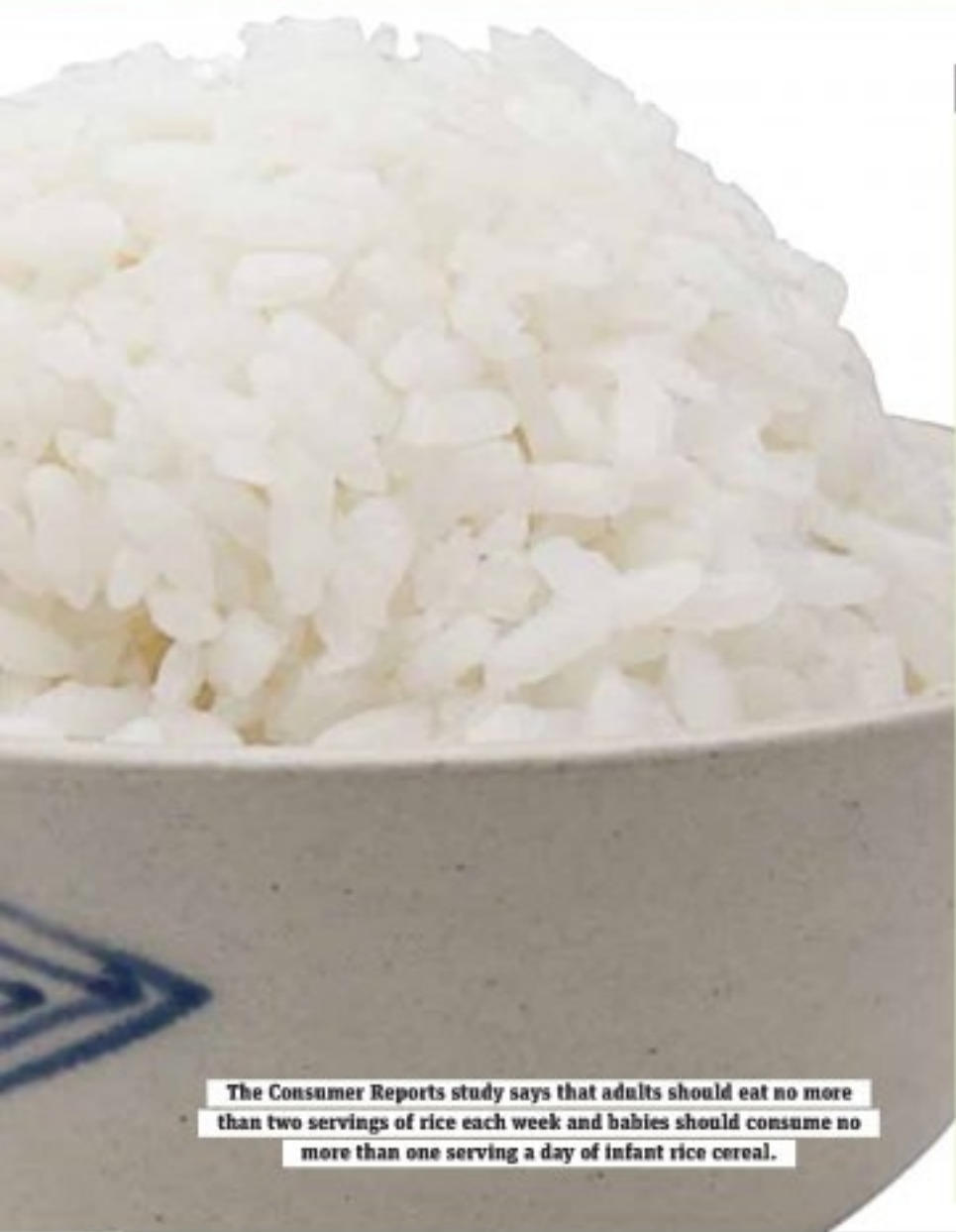


**STUDENTS
RECEIVE 10% OFF
WITH VALID
STUDENT ID.**

my metro

WEDNESDAY, SEPTEMBER 26, 2012

15



The Consumer Reports study says that adults should eat no more than two servings of rice each week and babies should consume no more than one serving a day of infant rice cereal.

Health notes

Free gym classes!

► Democrat, Republican or neither: All parties can agree that a good workout is a great way to take out your political aggression. Boston Sports Club has just launched its Fit for Office workout (Thursdays at noon at Government Center BSC), a mix of moves designed to get you abs like Paul Ryan's and arms like Michelle Obama's. We're personally excited to take a swing at the candidates at the boxing station. Did we mention the class is free for everyone until the end of October?

► This week, Equinox is welcoming guests for Boston Fashion Week with group fitness classes. Tomorrow through Oct. 6, swing by the Dartmouth or Franklin Street locations to take part in spinning, yoga and other activities. RSVPs are necessary; for Dartmouth, RSVP to victor.meservey@equinox.com, and for Franklin Street, RSVP to jennifer.birkett@equinox.com.



ZERO ENROLLMENT FEE

**RECEIVE 15 MONTHS FOR
THE PRICE OF 12!**

Strength Training • Cardiovascular • Trixter Bikes
Group Exercise • TRX • Yoga • Pilates • Towel Service
Concierge • Juice Bar • Salon & Spa

Some Restrictions Apply • Offer Expires September 30, 2012

356 Third Street • Cambridge, MA 02142 • 617.252.0020
bossecityclub.com



COMMONWEALTH
SPORTS CLUB

GET RESULTS HERE

Before



After



"I lost 65 lbs and I am in the best shape of my life. I've gained my confidence back.

I love the fact that CSC made me feel like I was a part of a community where everyone is friendly and all working together to achieve the goal of improving ourselves and living healthier lives."

~ Jankalo

Actual CSC member

1079 Commonwealth Avenue

617-254-1711

www.commonwealthsportsclub.com

Letters

letters@metro.us

Violence not first resort of faithful

RE: "NYPD SPOKESMAN CRITICIZES FEDS FOR RELEASING FILMMAKER'S INFO" (METRO, SEPT. 20) Back in 1987, American artist Andres Serrano won awards for displaying a picture of a small plastic crucifix submerged in a glass of the artist's urine. Serrano received \$15,000 for the work, part of it from the taxpayer-funded National Endowment for the Arts! Christians did not burn down Serrano's apartment in NYC. Last year, "The Book of Mormon" won nine Tony awards as it mocked the Mormon faith. The same Hillary Clinton who apologized for a Mel Brooks-like trailer about Muhammad stood and applauded the blasphemous play insulting Mitt

Romney's religious beliefs. The Latter Day Saints did not burn down the Eugene O'Neill Theatre in NYC, where it is performed.

It is delusional or disingenuous for Obama and Clinton to blame the slaughter of U.S. ambassador Chris Stevens on some sophomoric satiric movie trailer about Muhammad! I thought Obama said that with G.W. gone the world would love us. **JOSEPH DUPONT, VIA E-MAIL**

Winner takes all — of the facts

RE: "ELEPHANTS AREN'T THE ONLY ONES WITH A GOOD MEMORY" (METRO, SEPT. 21-23) Letter writer Brian Grau's letter would have been more aptly titled, "Impaired Memory from the Left." His statement of "fact," that "Bush caused

the problem," is not a fact, but a statement of redirection. Every nonpartisan analysis has concluded that "the problem" had been building for many years (before Bush took office) and that both parties contributed to "the problem." The left whines about a lack of cooperation from the Republican Congress, yet gleefully attempted to delegitimize the Bush presidency. The Obama budget and his jobs bill have both failed because that is how Obama designed them. How does Congress negotiate with a president whose answer to objections or alternatives offered is, "I won"? Here's a simple question: If you hired someone to rebuild the crumbling foundation of your house and after four years all you have is an unwanted and unsustainable

addition to it, would you retain the person to finish the job? **DON CANCELMO, VIA E-MAIL**

Romney wants to punch hole in net

RE: "CERTAIN IN LIFE: DEBT AND TAXES" (METRO, SEPT. 24) New columnist Conn Carroll lives in the dream world of the right wing. The non-partisan CBO said Obamacare is paid for and does not raise the debt. In the meantime, Republican administrations are responsible for the majority of the deficit due to failed trickle-down economics. Reagan tripled it. Carroll plays with the numbers to make the president look like a big spender, when debt is actually growing more slowly. The kernel of truth in Romney's "47 percent" is that those people should not vote for Romney if they keep their own interests in mind. Who would trust Romney/Ryan with the safety net? They want to save Medicare by killing it. **PASQUALE ARGENTIO, VIA E-MAIL**

E-mail your letters: **letters@metro.us**

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact information.

Horoscope

♎ Libra Sept. 23-Oct. 23. Succumbing to instant gratification could be one of your biggest problems. You are likely to regret it if you spend more than you should on a whim of the moment.

♏ Scorpio Oct. 24-Nov. 22. Unless you want to turn your household into a camp with several warring factions, be careful not to bring up any controversial issues. You'll only have yourself to blame if war breaks out.

♐ Sagittarius Nov. 23-Dec. 21. Shelve, at least for the next few days, certain tasks you find to be distasteful. Any jobs you perform under a cloud will have to be redone in the future.

♑ Capricorn Dec. 22-Jan. 19. Generally, you are a rather prudent and cautious person when it comes to your financial affairs. Know now that the day could tempt you to take some unwise financial risks.

♒ Aquarius Jan. 20-Feb. 19. Don't let your ego dominate your common sense in ways that make you feel that you'll lose face if you aren't No. 1 at all times. Overwhelming pride is self-defeating.

♓ Pisces Feb. 20-March 20. Although normally your intuition is exceptionally reliable and can be helpful in giving you great insight, pride could

override it and lead you far astray. **♈ Aries March 21-April 19.** It's nice to do someone a favor, but be careful that you don't unwittingly let that person take money out of your pocket, unless, of course, the recipient is someone near and dear and you don't mind doing so.

♉ Taurus April 20-May 20. Being hasty or impulsive when putting plans together or deciding an important issue with another will weaken your position, not improve it. Give your ideas the time they deserve.

♊ Gemini May 21-June 20. Taking on an assignment that is way over your head is not only downright foolish, it could be harmful. You might end up having a tough time crawling out of the hole you put yourself in.

♋ Cancer June 21-July 22. Once you start to point out the faults of your friends, no matter how well intended you are, your popularity might take a huge hit.

♌ Leo July 23-Aug. 22. If your tastes are totally different from your mate's, it's best not to make any expensive purchases without the input of your better half.

♍ Virgo Aug. 23-Sept. 22. Think before opening your mouth, especially when making an appraisal of another's efforts. If you can't be tactful, don't say anything at all. **BERNICE BEDE OSOL**

Across

- 1 — du jour
- 5 Big dipper
- 10 Null's partner
- 14 Rani's spouse
- 15 Hip bone
- 16 Staffer
- 17 A Karamazov
- 18 Tractor garages
- 19 Musical symbol
- 20 Salt-rimmed treat
- 22 Mudville slugger
- 23 NASA counterpart
- 24 Med. staffer
- 25 Polish
- 29 Sheet material
- 33 Queen of the Misty Isles
- 34 Ben Jonson works
- 36 Two semesters
- 37 Utmost degree
- 38 Came around
- 39 Hot spring
- 40 Mars, to Plato
- 42 Consumer gds.
- 43 Pumps or wedges
- 45 Type of eel
- 47 Bell tower
- 49 New World assoc.
- 50 Each and every
- 51 Pop in
- 54 Indoor gardener's tool (2 wds.)
- 60 Kind of tradition
- 61 Listened in
- 62 Nectar fruit
- 63 Fish habitat
- 64 Disturbing emotion
- 65 Alice's chronicler
- 66 Geraint's beloved
- 67 In need of organization
- 68 Bug repellent

Down

- 1 Straitlaced
- 2 Emerging magma
- 3 Cracked
- 4 Off on a — (digressing)
- 5 Many October folk
- 6 Jai —
- 7 Gossip, slangily
- 8 Moon goddess
- 9 Dash lengths
- 10 Opening
- 11 Fixes a squeak
- 12 — fixe
- 13 Stand up to
- 21 Great Wall locale

- 22 EMT training
- 24 — -majeste
- 25 Hackneyed
- 26 "Violet" lead-in
- 27 Fix, as a skirt
- 28 Oater salutation
- 29 Lap dogs, slangily
- 30 "Sour grapes" coiner
- 31 Boutonniere's place
- 32 Remove chalk
- 35 Old PC acronym
- 38 Iowa college town
- 41 Went bad

- 43 Bear's advice
- 44 Chopper's destination
- 46 Inform on
- 48 Cheap and gaudy
- 51 Meadow rodent
- 52 OPEC member
- 53 H.H. Munro
- 54 It may be spliced
- 55 Teases
- 56 Vein contents
- 57 "Sommersby" star
- 58 Robust
- 59 Slow run
- 61 Omelet extra

9	7			8		2	3
2						8	
		1	7	4			
5				2	4		
	9	3		5		6	1
			1	9			8
				6	8	7	
	8						1
7	4			1		5	6

SUDOKU LEVEL: EASY

1		4	7	5		6	
	7				4		5
	9	6	8				4
	3	9			7		
			6			9	2
8					6	5	9
6		4					3
		1		3	8	4	6

SUDOKU LEVEL: HARD

Solution to yesterday's crossword

THIRST	ALE	HOYA
AERATE	TAX	OPEN
ENAMOR	HIE	MAST
JUMPER	CABLES	
SKEET	IND	FUSSY
COLT	DNA	AFR
ARM	DEC	ELEGANT
LEE	UKE	LOC
PARTNER	BUT	ICE
RDS	COD	STAR
OLDIE	TAW	SEALS
FORPETESSAKE		
TOOL	EMT	PIGGED
ESSE	APE	TREATS
NEST	MER	STRICT

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

To advertise — phone: 617 240-7905 e-mail: adsboston@metro.us

METRO BOSTON | Editor-in-Chief: Tony Metcalf tony.metcalf@metro.us, edinchiefmetro | Managing Editor: Ron Varriall ron.varriall@metro.us | City Editor: Jill Gadsby jillgadsby@metro.us | Features Editor: Amber Ray amber.ray@metro.us, @amberatmetro | Entertainment/Music Editor: Pat Healy pat.healy@metro.us | Sports Editor: Matt Burke matthew.burke@metro.us | Deputy Features/Careers/Books/Travel Editor: Dorothy Robinson dorothy.robinson@metro.us | Home/Style Editor: Tina Chadha tina.chadha@metro.us | Film/Tech Editor: Heidi Patalano heidi.patalano@metro.us | Photo Editor: Nicolaus Czarnecki nicolaus.czarnecki@metro.us | Wellbeing/Going Out editor: Meredith Engel meredith.engel@metro.us



Christina Moya as featured in Dana-Farber's MBTA campaign

You can survive cancer.
I'm living proof.
www.dana-farber.org/community



Dana-Farber offers expert cancer care in the community

Like all cancer survivors, Cristina Moya is happy to be alive. But the Boston resident also knows being treated at Dana-Farber Cancer Institute was key to her survival.

Anyone who hears his or her doctor utter the words "abnormal cells" or "biopsy" may feel a sense of panic. There is fear attached to the word cancer. Dana-Farber is working to remove that fear and replace it with information on cancer screenings, education, and prevention. Empowering people to know that cancer is treatable and survivable is the goal.

Dana-Farber patient Christina Moya started treatment at Dana-Farber Cancer Institute for advanced breast cancer in 2006 and is now in remission. Speaking in her native language of Spanish and translated by Laura Nakazawa, Dana-Farber's program coordinator for Interpreter Services, Moya discussed the challenges she faced as a patient with limited financial resources, no command of English, and an 11-year-old daughter who was frightened her mom would die – just as her aunt (Moya's sister) had after her cancer diagnosis a decade before.

"The Patient Navigator Program became my main source of support here," Moya said of this DFCI program, which addresses health disparities among women with breast and cervical cancer, and helps them through treatment. "They eased my fears, and arranged for a counselor from Children's Hospital Boston to speak with my daughter on a regular basis. With their help, I got through."

Dana-Farber partners with community-based organizations to monitor the needs of Greater Boston residents and have developed several programs to help lessen the impact of cancer and empower those in the community through education. From mammography screening right in Boston's neighborhoods, to workshops on cancer prevention, to providing interpreter services, financial resource assistance and family support services, Dana-Farber dedicated to helping people conquer cancer with world-class cancer treatment.

For more information on these and other support services provided by Dana-Farber, visit www.dana-farber.org/community.

If you would like to speak to someone about your cancer concerns, please call 617-632-4860.

Dana-Farber Cancer Institute www.dana-farber.org is a principal teaching affiliate of the Harvard Medical School and is among the leading cancer research and care centers in the United States. It is a founding member of the Dana-Farber/Harvard Cancer Center (DF/HCC), designated a comprehensive cancer center by the National Cancer Institute.

Dana-Farber's

October 2012

Site	
Tuesday 2	Bowdoin Street Health Center
Wednesday 3	Joseph Smith Community Health Center – Allston
Thursday 4	Manet Community Health Center – Hull
Thursday 11	The Dimock Center
Wednesday 17	Joseph Smith Community Health Center-Waltham
Thursday 18	Neponset Health Center
Tuesday 23	Natick – Cole Center
Wednesday 24	Martha Eliot Health Center
Thursday 25	Whittier Street Health Center
Tuesday 30	Bowdoin Street Health Center

November 2012

Site	
Tuesday 6	Whittier Street Health Center
Wednesday 7	Martha Eliot
Saturday 10	Joseph Smith Community Health Center – Allston
Wednesday 14	Fenway Health Center
Thursday 15	South End Community Health Center
Tuesday 20	Bowdoin Street Health Center
Wednesday 21	Joseph Smith Community Health Center- Waltham
Tuesday 27	Harvard Street Neighborhood Health Center
Wednesday 28	The Dimock Center
Thursday 29	Southern Jamaica Plain Health Center

Mammography Van

Dana-Farber's Mammography Van brings state-of-the-art breast cancer screening to the women of Greater Boston.

To learn more or schedule an appointment, please call 617-632-1974. Visit us on the Web at www.dana-farber.org/mammographyvan.

Dana-Farber's Mammography Van is managed by Dana-Farber Cancer Institute's Mobile Health program and possesses a valid license and certificate of inspection issued by the Massachusetts Department of Public Health



Se Habla Español
 Nou palé Kreyòl



Celebrating 10 years of Serving the Women of Boston

REGIS COLLEGE'S NEW APPLIED BEHAVIOR ANALYSIS PROGRAM FULFILLS A GROWING NEED

One in 88 children today has been diagnosed with some form of autism. This statistic, from the Center for Disease Control, is absolutely shocking. While the causes of autism and other behavioral disorders are still unclear, what is very clear is the need for professionals, - educators, psychologist, social workers, healthcare providers and others - trained to assist these young people to learn and develop.

To meet this need, **Regis College** is now offering a **Master of Science in Applied Behavior Analysis**.

The field of Applied Behavior Analysis (ABA) is based on the scientific study of learning and behavior.

ABA is an empirically validated treatment for individuals with Autism Spectrum Disorders and other behavioral issues, and takes a function-based approach to understand problem behavior and encourage new skills. The ABA program at Regis College provides rigorous scholarship both inside the classroom and out in the field. Students learn the major principles and concepts of ABA through core courses, including Behavioral Assessment, Treatment Evaluation, Strategic Intervention, and Ethical Practices in Applied Behavior Analysis. A selection of elective courses such as Verbal Behavior, Child Behavior Management and Autism Spectrum Disorders and Related Disabilities allow students to explore area of particular interest. A key element which makes the the ABA Program at Regis so valuable is the multiple opportunities students have to gain practical experience and apply theory learned in the classroom to a clinic setting. In addition to academic coursework and a culminating thesis, students are solidly prepared to become effective practitioners through 3 full semesters of supervised practicum at sites located in the community

The 42 credit MS in ABA program is designed for busy professionals with courses offered in the evenings and on weekends.

Students can complete the Master of Science in Applied Behavior Analysis program in as little as 2 years of full-time study.

A part-time option is available for those students who need to maintain their current employment while working towards their MS. A 27 credit **Certificate of Advanced Studies in Applied Behavior Analysis** gives students the opportunity to learn the fundamentals of ABA. Students work closely with their advisors to tailor a path of study that will not only accommodate their schedule, but enable the student to become a skilled practitioner of behavior analysis.

Students may take their first two classes before officially applying to the ABA program; a grade of B or better in both classes will **waive the GRE** requirement. A **New Student Discount** is available for eligible students. To learn more about this program attend the Applied Behavior Analysis **Information Session on November 12 at 5:30pm** on the Regis campus in Weston.

For more information and to RSVP for the information session, contact the Regis College Office of Graduate Admission, 781-768-7330; graduatedepartment@regiscollege.edu; www.regiscollege.edu/grad.



Your Source for Graduate Healthcare Education

DEGREES AND CERTIFICATES IN

- MAT—Elementary Education, Reading, Moderate Special Needs
- Regulatory & Clinical Research Management
- Biomedical Sciences
- Nursing—AS, BS, MS, DNP
- Health Administration
- Heritage Studies
- Medical Imaging—Nuclear Medicine
- Communication
- Gerontology
- Health Informatics
- Public Health
- Integrative Health
- Applied Behavioral Analysis (Beginning January 2013)

Information Session
October 13, 9:30AM

Ask about our new student
discounts & GRE waiver



I chose Regis because they have the specific program in Regulatory & Clinical Research Management that will enable me to take the next step in my career path. The combination of virtual and in-class course-work is convenient for working professionals.

Justin Frazier, Clinical Research Associate II, Smith & Nephew Corp.



To learn more, visit: www.regiscollege.edu/grad
Speak with a graduate admission counselor: 781-768-7330

Office of Graduate Admission
graduatedepartment@regiscollege.edu
235 Wellesley St. ■ Weston, MA 02493



Bring Your Purpose. Find Your Path.

AUG 2011

24



25



26



27



**What did the day before
Hurricane Irene look like?
Any other day.**

Prepare for tomorrow. Ready.gov/today



When medication is needed for diabetes

Many people can control their diabetes and related conditions with diet, weight loss, and exercise, but for some people it's not enough—medication may be needed.

In type 2 diabetes, the most common type for adults, the low levels of insulin and resulting high levels of glucose (sugar) in the blood can cause very severe health problems over time.

To avoid health problems and feel well, people with type 2 diabetes may need to keep their glucose at a normal level by taking insulin and/or other medicines.

Insulin only works if it is inserted into the skin (there is no oral or pill form). Ways to do this are:

- Syringe: a needle connected to a tube with insulin. A plunger pushes the insulin through the tube and needle
- Insulin pen: a pen that holds insulin but has a needle for its tip
- Insulin pump: a small machine (worn on a belt or in a pocket) that holds

insulin, pumps it through a small plastic tube and through a tiny needle in-serted under the skin where it stays for several days¹

High Blood Pressure and Medication

Two out of three people who have type 2 diabetes also have high blood pressure, a “silent

It should be under 130/80.² Your doctor will know what you need to help lower your blood pressure. Medicines may include:

- ACE inhibitors: keep blood vessels in good shape, help protect your kidneys, and reduce your risk of heart attack and stroke.

Blood pressure is the force of blood against the walls of arteries. Blood pressure rises and falls during the day. When blood pressure stays elevated over time, it is high blood pressure.³

killer” you will not know you have until you are checked.² The risks to people with both diabetes and high blood pressure are serious: eye problems, kidney disease, heart attacks, and strokes. Because of those risks, people living with diabetes must control high blood pressure so that it is lower than average.

- ARBs: also keep blood vessels open and relaxed to help lower blood pressure and protect your kidneys.
- Beta-blockers: help your heart to beat slower with a normal amount of force; help to avoid heart attack and stroke.
- Calcium channel blockers: block out calcium for relaxed blood vessels and heart.

- Diuretics: help get rid of too much water and sodium.

Every person is unique. If you are living with diabetes, talk to your health care provider to make sure you are on the best program for you. Your body changes over time, and so will your treatment. If you eat a healthy diet, exercise moderately, and stay on the medications you need, you will feel your best. Live well with your diabetes. ■

¹ American Heart Association
http://www.heart.org/HEARTORG/Conditions/Diabetes/Prevention/TreatmentofDiabetes/Diabetes-Medications_UCM_313870_Article.jsp

² American Diabetes Association
<http://www.diabetes.org/living-with-diabetes/>

³ National Heart Lung and Blood Institute, the U.S. Department of Health & Human Services
<http://www.nhlbi.nih.gov/hbp/hbp/whathbp.htm>

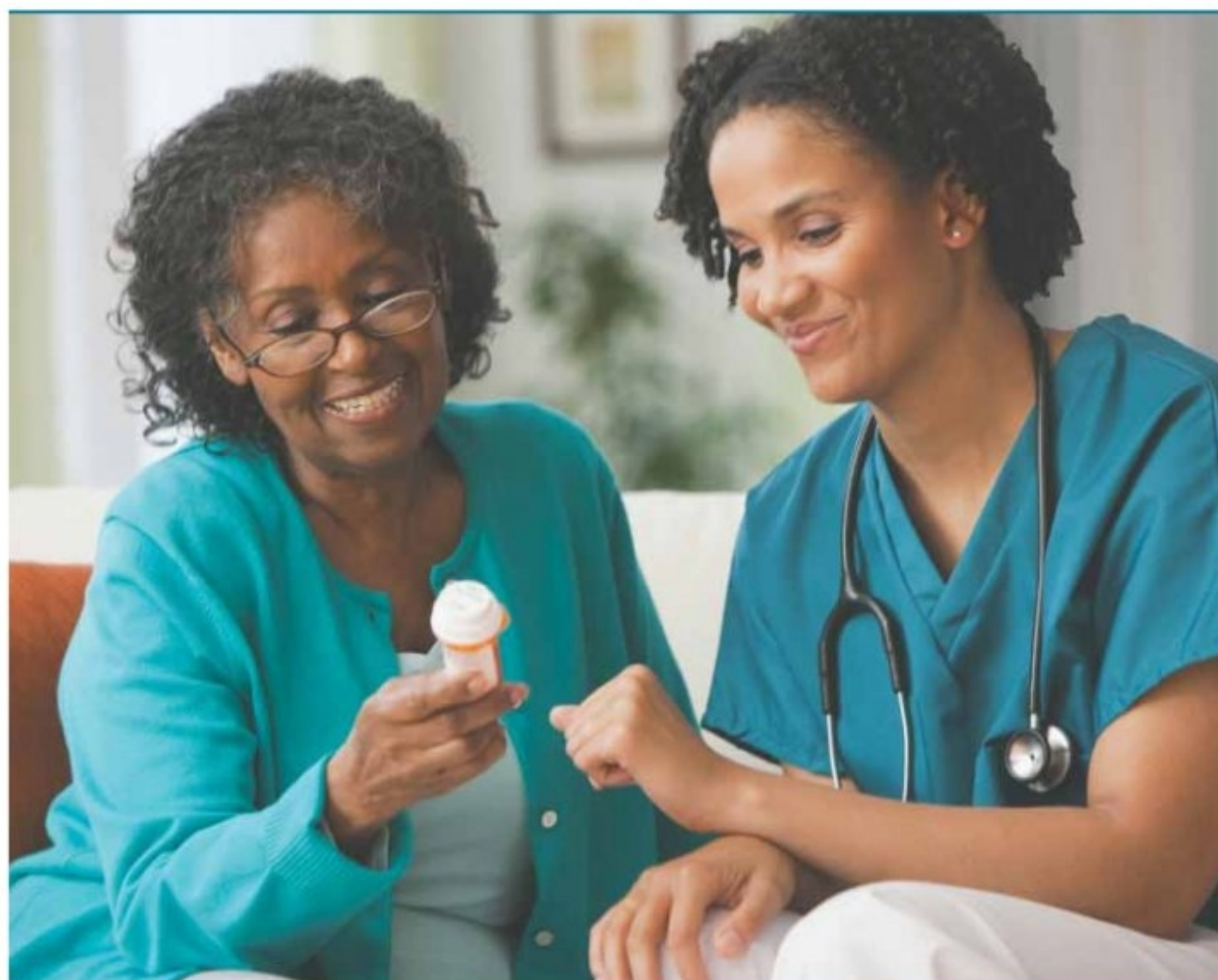
Diabetes and Pregnancy

The Importance of Postpartum Care

It is important for all women to have a check-up after delivery, but it is especially true for women who had diabetes during pregnancy (gestational diabetes).

In most cases, women who had gestational diabetes will not have diabetes once they deliver. However, they should follow up postpartum and have a screening (test) to be sure that diabetes is not present.

Global studies over the last 30 years have shown that women who had gestational diabetes have a high risk for diabetes in the future. This period of aftercare is an excellent opportunity for health care providers to improve the future health of this high-risk group of women through screening, education and monitoring. Studies have shown that diet, exercise, and medication can delay or prevent type 2 diabetes.



I take care of my diabetes and blood pressure...

so I can remain independent.

I know that if I take care of my diabetes and blood pressure, I have a better chance of avoiding the severe health problems that could take away my independence. So I eat right, exercise moderately, and take my medications. Taking care of myself is easy compared to what I could face if I don't—complications like kidney failure, heart attack, and stroke. Talk to your health care provider to find out how to live well with your diabetes.

Learn more at www.nhp.org/diabetes

nhp.org



Astigmatism Correction Now Available

Am I a candidate?

If you have been considering vision correction and were discouraged because you were told you have astigmatism and your correction was not treatable with LASIK, New England Eye Center has fantastic news for you. Not only can we treat Astigmatism with the

iLASIK™ procedure, the cornea trained physicians at New England Eye Center now offer the most advanced procedures available to treat a variety of vision correction disorders.

What is astigmatism?

Astigmatism is a condition where vision is blurred by

asymmetric steepening of the cornea or crystalline lens. Patients with astigmatism may not only notice blurring of vision at both distance and near, but can also note shadowing or ghosting of images as well. These vision symptoms are caused when light entering the eye is refracted or bent to

multiple points in the eye, resulting in an out of focus image. Astigmatism is very common, and occurs in about 1 in 3 people.

Astigmatism can be easily corrected by contact lenses or eyeglasses. However, if glasses or contacts are troublesome, or not tolerated, there is another option. New

England Eye Center offers many alternatives to glasses and contacts for the correction of all types of refractive error, including astigmatism. Custom LASIK and PRK are available not only for near and far sightedness, but for the correction of astigmatism as well. For cataract patients, astigmatism can be either treated with incisions made during cataract surgery, or with implantation of advanced lens technology.

Why should I have my Astigmatism treated with a surgical alternative to contacts and glasses?

If left uncorrected Astigmatism can cause eye strain, headaches and difficulties in everyday tasks from reading to working to outdoor activities. While glasses and many contact lenses are on the market to effectively correct astigmatism, if you are uncomfortable in either, it is important for you to know you have options. While glasses are your safest alternative, many people either are not able to tolerate their entire astigmatism correction in eyeglasses, or do not achieve the clear vision they desire or need for everyday living. Contact lenses, worn and cared for properly are a wonderful alternative to glasses. However, contact lenses are not without risks, and are not well tolerated by everyone. Many people are contact lens intolerant, whether due to underlying dry eye, reaction to contact lens solutions, or corneal inflammation or infections due to contact lens wear. For these patients, contact lenses are no longer an

option and eyeglasses do not allow for functioning at the highest level.

What other procedures are available to me to correct my vision?

The physicians at New England Eye Center routinely perform LASIK and PRK, however there are lens procedures for patients which can also provide freedom from contacts and glasses. The Visian implantable collamer lens, which has the added benefit of being removable, can treat a wide variety of patients who are nearsighted and it is also a wonderful alternative for patients with dry eye issues or people who do not qualify for LASIK. For patients who have added reading glasses to their vision correction needs, many options are available, including monovision and conductive keratoplasty. For patients with a cataract, intraocular lenses are available that offer improved freedom from glasses at distance, intermediate, and near vision. These include the Crystalens accommodating lens, as well as the Restor and Tecnis multifocal lenses. For our cataract patients with astigmatism, Toric intraocular lenses can be implanted to neutralize their astigmatism.

When you are ready to call us, New England Eye Center will be honored to be your vision care provider. Call 1-888-515-2745 or 1-617-636-7800 or visit us at www.mylasikdoc.com to book a complimentary screening or request an informational package.

iLASIK for Astigmatism

At New England Eye Center, our world-class surgeons specialize in the treatment of all types of Astigmatism. That's great news for everyone who wears glasses or contacts and thought they were not a candidate for LASIK. Call us today for your complimentary, no obligation LASIK consultation and see the world as it was meant to be seen.

0% Interest 24 Months

**Call Today:
617-636-7800**

 **New England
Eye Center**
Affiliated with Tufts University School of Medicine

Tufts Medical
Center

260 Tremont Street • Boston, MA

Greed ruining NFL product

► NFL owners, commish groveling for every last dollar
► Week 3 was filled with many referee breaking points

Opinion

The sequence in which Seattle's Golden Tate allegedly "came down" with the football in Monday night's incomprehensible Seahawks-Packers game was not the final play of the game.

After nearly 10 minutes of unbridled confusion, 11 Packers and 11 Seahawks were brought back onto the field to complete the point-after-touchdown. On the surface, it was meaningless and it was embarrassing for Green Bay players to have to come back onto a field where they were just unceremoniously screwed (can you be screwed ceremoniously?). But the deed most definitely had to be done. Why? Because it's the NFL and money was on the line. Always remember, everything NFL is about the money.

The city of Las Vegas will never, ever, allow an NFL game to finish without taking point spreads into consideration. Every single point is critical. Every dollar is critical.

Unless you've been on a remote island, you know that the most popular sport in America is being officiated by a group of unfortunate fellas who are in way over their heads. The sim-



► Roger Goodell would be wise to stay away from all things green and yellow this week.

POTUS tweet

President Obama even weighed in on the ref issue:

► "NFL fans on both sides of the aisle hope the refs' lock-out is settled soon. -bo"

ple solution would be for the NFL owners (the true culprits here) and NFL commish Roger Goodell to spare a few bucks and bring the real officials back.

According to the Los Angeles Times, the NFL will make more than \$9 billion this year. The league is looking to save \$5 million (five hundredths of a percent) by not giving the real refs what they want (full, de-

fined benefits).

The greed of the NFL owners is ruining the credibility of the league. Not that credibility in sports means anything anymore. The NBA had its share of referee issues this past spring. It still managed to swing record ratings. Don't think the powers that be in the NFL are oblivious to this.

All we can do now is hope that Goodell and the owners do the right thing. Soon.

On a side note: All politicians should look into hiring Ed Hochuli for a late campaign push. You'd be hard-pressed to find one human being in the U.S. right now with a higher approval rating.

MATT BURKE
matthew.burke@metro.us

Patriots near forefront of referee issues

The NFL said it was reviewing three incidents involving coaches and referees from Week 3 games, including one incident involving Patriots head coach Bill Belichick, according to ESPN.com.

Belichick spoke about whether or not he was contacted by the league office yesterday.

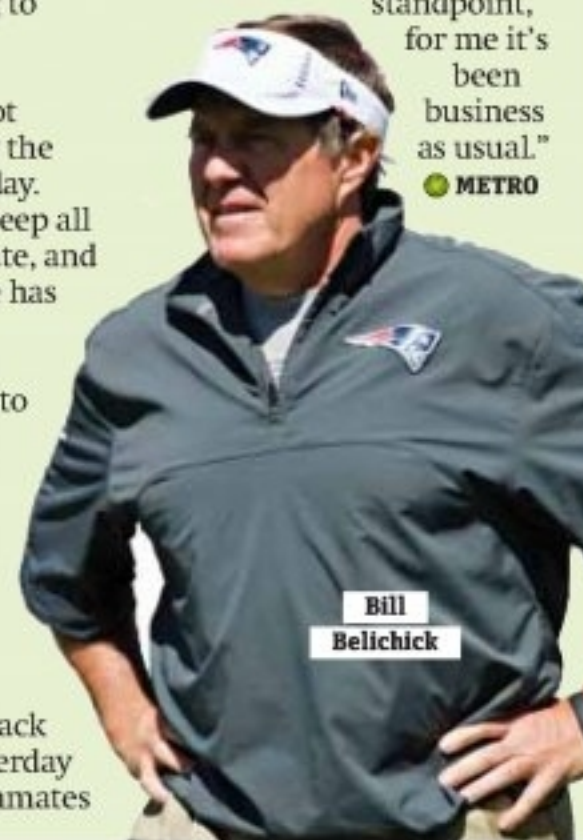
"I think I'll just keep all of that process private, and whatever the league has to say, the announcements, or whatever they have to say, they can make those, or not make them, if and when they decide to do it. I'll just leave all that to them," Belichick told ESPN.com.

Patriots quarterback Tom Brady said yesterday that he and his teammates

were not too concerned about the NFL's ongoing issue with replacement referees.

"I see more pileups and punching and all that crap that goes on before and after plays and stuff like that than there would normally be, and maybe guys are taking advantage a bit," Brady said to WEEI. "But from my standpoint, for me it's been business as usual."

● METRO



Bill Belichick

ON TV TODAY

MLB

RAVS
AT RED SOX
7 P.M., NESN

Male urination problems? Up at night having to "go"? Trouble starting your stream?

Revolutionary new drug-free formula helps you regain your youthful prostate function so you'll urinate less often and sleep through the night!

Are you a man who has to get up once or more during the night to urinate? Do you sometimes have trouble getting your stream to start? Do you look for restrooms wherever you go? Do you ever worry that you won't be able to hold it in? If you suffer with these types of prostate problems, don't give up hope because now there's good news!

Introducing **Prostalex Plus**, the amazing new all-natural supplement for men that helps solve your urination problems, improve prostate function, and boost prostate health so you won't need to urinate as often, you'll enhance urination function, and you'll finally be able to sleep through the night without any trips to the bathroom!

Powerful new formula helps end your urination problems. The amazing new Prostalex Plus drug-free supplement has been scientifically formulated to reduce your need to urinate by combating the natural growth of your prostate, which occurs naturally as you age and is the cause of most urination problems in men.

Containing rare, high-potency, all-natural ingredients, the Prostalex Plus formula is unique because it not only stops your constant need to urinate, it helps improve your ability to urinate (so you'll no longer have trouble getting your stream to start), and it helps you maintain a healthy prostate. That means, with Prostalex Plus you can enjoy the freedom of not having to search out a men's room wherever you go, enjoy the luxury of uninterrupted sleep, and enjoy the peace of mind that goes along with having a healthy, youthful, optimally-functioning prostate.

Call now for your risk-free trial: 1-800-466-8218

Prostalex Plus is also available at these fine stores:

GNC LiveWell

Walgreens

Vitamin Shoppe

RITE AID

These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Become a Medical Professional

Practical Nursing
Phlebotomy/EKG Tech

Medical Assistant
Nursing Assistant

Classes will start soon

"Education for the Real World!"

- Accredited by ABHES. Short term certificate programs
- Federal Financial Aid is available for qualified applicants
- Experienced professional faculty. Morning and evening classes



Application fee will be waived when you bring this ad
Medical Professional Institute
380 Pleasant st. Malden, MA 02148
Call Now: 781-397-6822 www.mpi.edu

For more information on our program and its outcomes visit: <http://mpi.edu/gainful-employment/>

Depression is gone, but how is your sex drive?



Boston Clinical Trials is currently seeking participants for a Clinical Research Study evaluating the effects of an investigational medication on sexual functioning in adults with well treated depression.

- Are you currently taking Zoloft, Paxil, or Celexa for depression?
- Are you 18 - 55 years old?

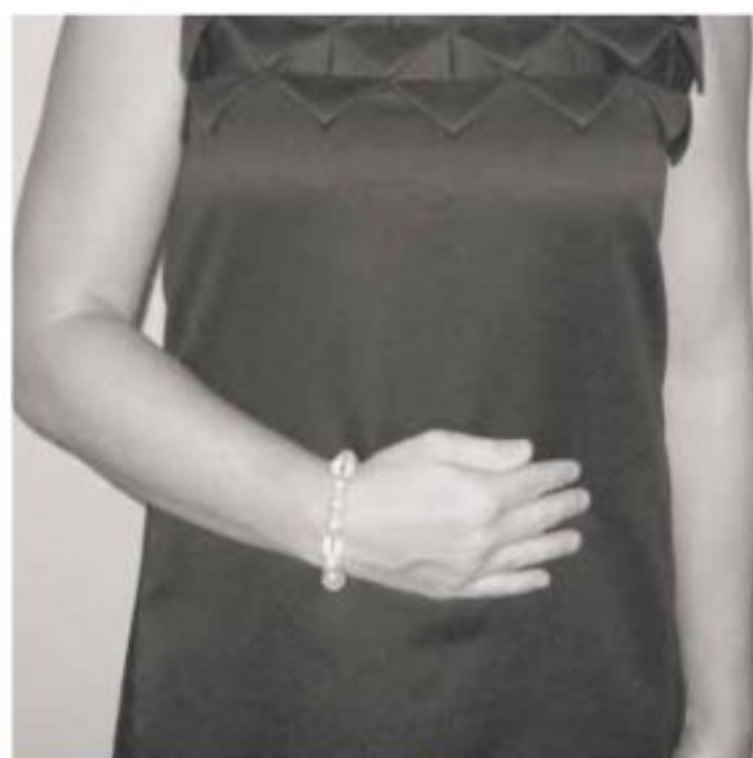
Have you been suffering from ...

- Lack of interest in sex?
- Inability to ejaculate or reach an orgasm?
- Trouble getting aroused or reduced vaginal lubrication?

If so, you may qualify to participate in this clinical research study with an investigational medication. All study related visits provided at no cost. CALL NOW (617) 202-6322 to see if you qualify!



www.bostontrials.com



Abdominal Pain, Bloating, Diarrhea

Qualified Participants:
Will receive study medication or placebo, study-related testing, physical exams, and lab work at no charge.

Additionally:
Compensation will be available to qualified participants for each completed visit (for time and travel).

For More Information
Please contact Vivian Cheng

617.667.0682
vcheng2@bidmc.harvard.edu

Have you or someone you know been diagnosed with Irritable Bowel Syndrome?

If so, there is now an opportunity to join a new research study.

Are you eligible?

- Between the ages 18-80 years old
- Have diarrhea predominant irritable bowel syndrome



Closing time

► Red Sox wrap up Fenway slate tonight ► First losing record at home since 1997 ► Season finally ends Oct. 3

Playing at Fenway Park used to be the ultimate home field advantage in all of Major League Baseball. Knowing the Green Monster and having the hometown fans behind their ballclub night in and night out made it extremely difficult on opponents who came in to play the Red Sox.

Not so much this year, as going into last night's second-to-last home game of the season the Red Sox were a dreadful 34-45 at Fenway Park. You have to go all the way back to 1997 to find the last time the Red Sox had a losing record at home. It was also the last time the Red



► Fenway Park

Sox finished with a sub-.500 record overall. That year the Red Sox went both 39-42 at home and on the road to finish at 78-84. The 2012 team has already assured itself that it will be worse than the 1997 team in both categories.

Being seriously out of play-off contention since about early August has dramatically affected fan support of the team to the point where the Red Sox needed to honor the 2004 World Series team prior to last night's game.

RYAN HANNABLE
sports@metro.us

HEALTHY VOLUNTEER INFANTS & CHILDREN WANTED

for paid research study at Boston Children's Hospital.

Researchers at the Boston Children's Hospital in Waltham are looking for healthy children to participate in a research study to help understand human brain development.

Your child may qualify for this study if he/she is healthy, between newborn and 12 years of age, and has no metallic implants.

MEG is non-invasive, involves no injections and does not use any form of sedation.

A gift for your child and monetary compensation of \$100 is provided for the visit.

For more information contact: Phone: 781-216-1143
E-mail: babyMEG@babymri.org

The Forsyth Institute

A Leading Research Organization
Dedicated to Oral and Biomedical Sciences

Gum Disease Study

The Forsyth Institute is seeking volunteers to take part in a clinical research study. The purpose of this study is to find out which germs make gum disease worse.

The study requires you to come visit our clinic for up to 14 visits.

To qualify, you must:

- Be at least 25 years old
- Have at least 20 natural teeth
- Have not used tobacco products for at least a year

People who participate in the study will be paid for participating in the study. At the end of the study participants will receive a full dental cleaning.

For more information please contact:
The Forsyth Institute
Phone: 617-892-8389 or 617-892-8213
E-Mail: clinicaltrialsinfo@forsyth.org

Clinical study for Irritable Bowel Syndrome (IBS).

Diarrhea & Abdominal Pain

make it so hard to work & travel

You may have Irritable Bowel Syndrome.
If you qualify for a local IBS research study you may receive:

- No-cost investigational medication •
- No-cost study-related care •
- Up to \$300 compensation for time and travel •

Call 877-270-9409
Visit www.StudyIBS.com



Are you 40 to 50 years old?
Are you African American, Black Caribbean, or White?
Tell us about your life!

Participate in a research study on how life experiences influence physical health in midlife, especially risk for diabetes and heart disease.

- Receive physical examination, blood analysis, and medical feedback.
- Compensation up to \$125, \$15 BONUS each if you bring a partner or a friend!

Please contact Liz
Toll Free: (888) 799-2690
paths@jbcc.harvard.edu



Do you
hate how you look?



Do you think about your appearance nonstop?
Are your concerns taking over your life?
Contact us to learn about research and treatment options.
(877)4mgh-bdd mghocd.org/bdd



FEELING DEPRESSED?

A clinical research study for an investigational medication is currently enrolling people who: Are currently taking an antidepressant but still need additional relief OR Are not taking any antidepressant medications but think they may have depression.

Minimum Qualifications:

- An adult between 18 and 65 years old
- Currently experiencing symptoms of depression

What is Involved? Receive study medication and study-related medical care at no cost

COMPENSATION FOR TIME AND TRAVEL MAY ALSO BE PROVIDED

To learn more and find out if you may qualify, please contact:
Adams Clinical Trials, LLC | **(617) 387-1706**
located in Watertown, MA

If you have BIPOLAR (I) DISORDER

And also experience symptoms of MAJOR DEPRESSION
Please Call: (617) 387-1706.
We are recruiting for a Bipolar Depression clinical study.

ADAMS CLINICAL TRIALS
in Watertown

ReSPECT REGISTRY!



Find out about participating in research studies at Boston University / Boston Medical Center (BU/BMC)

- Anyone can join - age 18 or older - even if you're not a patient at BU/BMC
- Your information is kept confidential.
- Visit www.burespect.org to join online

Contact: (617) 414-1971 • respect@bu.edu

MASSACHUSETTS GENERAL HOSPITAL

FRUSTRATED WITH PSORIASIS?

You may be eligible to participate in a research study of an investigational medication

- 18 years of age or older
- At least 5% of skin affected
- About 10 study visits over 3 months
- Up to \$1200 in compensation

For more information, please e-mail harvardskinstudies@partners.org or call 617-726-5066

Legal Notice

DIRECTORY

To place an ad call Herman Miles at 617-532-0105 or email herman.miles@metro.us

CRIMINAL DEFENSE

Drunk Driving (OUI), Drugs, Guns, Assault & Battery, Theft, Clerk's Hearings

Call Attorney Miller at **617-482-5799**
www.millercriminaldefense.com



BANKRUPTCY

STOP YOUR CREDITORS NOW.
CALL 617-669-0607

This firm is a debt relief agency Free Parking, On the T Reasonable Rates, Payment Plans Available.

Divorce - Child support

Get the counsel you need. Call Today!

FREE Confidential Consultation

Attorney W.R. Aaronian

RHINO SHIELD

NEVER PAINT AGAIN



www.gorhinoshield.com • 1-888-907-4466

ARE YOU BEING HARASSED BY DEBT COLLECTORS?

Did you know that you may be entitled to receive up to \$1000 in money damages when a debt collector violates your rights under federal law? My aggressive representation is at no cost to you!

Please call Attorney Chris Gonsalves at 617-970-1301 or email at gonsalveslaw@gmail.com.

metroclassifieds

**in print
& online**

TO PLACE AN AD:

866-900-9473
CLASSIFIED.METRO.US
BOSTONCLASSIFIEDS@METRO.US

CLASSIFIED AD DEADLINE:
5PM TWO (2) BUSINESS DAYS BEFORE PUBLICATION

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro U.S. reserves the right to edit, reject, cancel or reschedule an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

Jobs

Nonprofit & Fundraising

2012 Election Campaign Jobs
CAMPAIGN JOBS
\$11.67 /HOUR
Working America AFL-CIO is Hiring Outreach Staff to Win Elections for Working Families and Build the Movement for the 99% \$11.67 - \$15.75/Hr FT M-F Apply Now! 857.293.0988

General Help Wanted

Data Entry Specialist LJ
Consultants is seeking several Data Entry Specialists to process data such as, but not limited to, training records, database records or operation reports. This opportunity starts immediately for with a government agency (Army). All candidates must currently hold a Secret Level Clearance & be U.S. Citizen. Qualified candidates will be considered for positions with a proven track record of stability. All candidates must be able to pass a background check. - Be highly skilled in the use of the Microsoft Office, Excel & PowerPoint; - Have operational exp. w/ comp. sys. & data entry; - Possess the ability to read & write English. - Must type quickly and accurately - Min. of 1 yr experience with data entry or a similar in last position
Completed Secret Clearances for all personnel, & the ability to type a min of 60 WPM with a low typing error rate (95% accuracy).
Contact: lise@ljconsultants.com 857-241-3831 Phone

EARN UP TO \$18/HR

IMMEDIATE OPENINGS

Higher earning potential for Individuals with Cust Serv Exp However
NO EXP REQUIRED

Advance to Leadership roles
857-400-2229

Jobs

General Help Wanted

ACTIVISM Campaign Jobs!
Stand up for reproductive health care! with Grassroots Campaigns!
\$335-535/week;
FT/career
Call Jordan at
617-338-7882

Business Opportunities

Business Opportunities

Start your Waterless Car Wash from \$495.-

Own & Operate Your Own Eco-Friendly Waterless Car Wash. Call Now 1 888 299 0855

For Sale

Musical Instruments

Cash for Records

Wanted 33Lps & 45s
George 617-633-2682

General Help Wanted

Services

Careers

HIGH SCHOOL DIPLOMA FROM HOME
6-8 weeks accredited
Get a Diploma! Get a Job!
No computer needed!!
Call 24/7 for free brochure
1-800-264-8330
www.diplomafromhome.com
Benjamin Franklin High School

Cleaning

Boston Carpet Care Solutions
Professional Carpet Cleaning
3 Rooms \$79.99
1-888-553-6940

Call Now
For Appointment
24/7 Emergency water removal services
bostoncarpetcaresolutions.com
We Donate a portion of each sale to the Breast Cancer Fund
All Major Credit Cards accepted

Creative

Go Back to School at John Robert Powers!

John Robert Powers and Open Call Model & Talent is looking for the next rising star.
If you think your child has acting or modeling potential, call now at 617.946.0508 or log on to newenglandauditions.com.

Miscellaneous

\$\$\$CASH PAID\$\$\$
Buying diabetic test strips, nicotine patches and gum.
Call for local pickup
617-458-2408

Careers

Health & Beauty

PATHWAY WELLNESS SPA
(617) 481-2569
33 Fayette, Quincy, MA

Ah, Fall! Tons of races to run, apples to be picked! Don't forget the hiking trails AND! You're going to need us! Bring your sore muscles and an apple for the teacher. We will knead and roll you back to feeling fine.



Healthy Foot Spa
Reflexology
NOW OPEN
56 Kneeland St, 2nd Floor, Boston
617-728-7888
10AM-9PM 7 Days

20% Discount
Valid All September Long.

Home

Child Care

Kids First Daycare and Learning Center Inc.
At Kids First Daycare we encourage positive social skills, independence, and Kindergarten readiness.
Now Enrolling children 2.9 to 5 years of age!
EEC Certified teachers
Accepts vouchers
Provides transportation to the Dorchester, Mattapan and Roxbury area
Spanish Emersion
Awarded ABCD Summer Works Employment Center
1190 Adams Street
Historic Lower Mills, Dorchester Center MA 02124
Contact Us at:
(617)296-9061
Please visit us on the web:
www.kidsfirstdaycare.org

Lessons

Learn Spanish
Beginner and Intermediate Spanish Classes
Fall classes start October 10, 2012. Instruction, materials and computer access are offered on site. We offer morning and evening classes. For additional information or registration please contact
Mr. Robert Bonds at 617-541-2277 or Ms. Leisa Quinones-Oromas at 787-233-2690
Camfield Estates - Community Room
85 Lenox Street
Boston, MA 02118
617-541-2277

DO YOU SUCK AT GUITAR? NOT ANYMORE!

THREE LESSONS WITH US AND YOU'LL LOVE TO PLAY.
Sign up now!
Enter offer code **BOSMET10** at **BostonGuitarLessons.net**, and you'll get your first three lessons for just **\$59!**

Moving & Storage

Shipping Containers

We ship Containers all over the world. Centro & Sur America Se Habla Espanol
1 888 938 3848
The Best Prices

Medical Services

PCP EXTRAORDINARY HOMECARE
Round The Clock Care Tailored To Meet Your Needs

We offer 24-hour care 7 days a week. Our well trained and certified care providers offer live-in and live-out care dependent on individual client needs. Our specialties include clients who require care for: Alzheimer's, Parkinson's, Dementia, Stroke, Cancer, Paraplegia, Quadriplegia, Hospice, and New Mother's Assistance.
2 Canaan Street Boston, MA 02126
Phone: 617.296.1657
Fax: 617.298.2497
p.p@extraordinaryhomecare.com

Legal Services

TAX PROBLEMS??!
617-335-2988
EX IRS Revenue Agent
CPA
www.davidrootcpa.com

Phone Services

QuestChat
FREE TRIAL
617.395.9000
Other Cities
1.888.257.5757
The questchat.com

nightline
FREE TRIAL
617.861.2424
NIGHTLINECHAT.COM
*18+ Certain Restrictions Apply

Vehicles

Vehicles Wanted

ALL CARS WORTH CASH
\$300 TO \$5,000
617-678-6833

Top Cash paid
No Key...No Title...
No Problem
Free Towing

Vehicles Wanted

Junk Cars Wanted
\$350 - \$5500 & up
781-606-1271

Extra Cash paid for Hondas, Toyotas, & Nissans
Any Location, Anytime
towingcarsusa@yahoo.com

"Cash received at pickup".
781-534-2118

Junk Cars, Trucks
and Wrecks
FREE "Towing"
Running or Not Working
Call for an Estimate Dee 781-534-2118

RVs

Discovery 38 Fleetwood 02

330 HP Diesel, 2 Slides, Flat TVs, Wood Floors, \$31500 857-598-2957 email: iphone84300@live.com

metroclassifieds
to place an ad call **866-900-9473**
or visit us at **www.metro.us**

reserve your space
DEADLINE: two (2) business days prior to publication at noon.
866-900-9473
metroclassifieds

► Land near the old Filene's may soon be a 625-foot tower, which will include 600 residential units and plenty of retail space ► The project will likely cost at least half a billion

City officials approved a \$615 million development in the former Filene's location in Downtown Crossing, a residential and commercial project that promises to attract thousands of people to the shopping district daily and cover up an eyesore that was once home to the historic retail chain.

The development includes the construction of a 625-foot tower and the restoration of the Burnham Building, the original Filene's designed by acclaimed architect Daniel Burnham in the early 1900s. The project has been stalled for years due to the economy and was recently taken over by Millennium Partners, which is now spearheading the construction.

"It's the most important corner in downtown Boston," says Anthony Pangaro, principal of Millennium Partners Boston. "When it is done, it'll be completely clear you've arrived in the middle of it all."

The plan includes 600 residential units (both rentals and condos), up to 200,000 square feet of retail, 200,000 square feet of office space, restaurants, a health club and parking. The company has also promised to reconstruct the MBTA station on the corner of Franklin and Washington streets and build a small amphitheater for use by local musicians.

\$615M

Total private investment

\$2.8M

In streetscape improvements

600

600 construction jobs and 2,300 permanent jobs (Boston Redevelopment Authority)

The construction is slated to begin in the middle of next year and those involved estimate that it could take about three years.

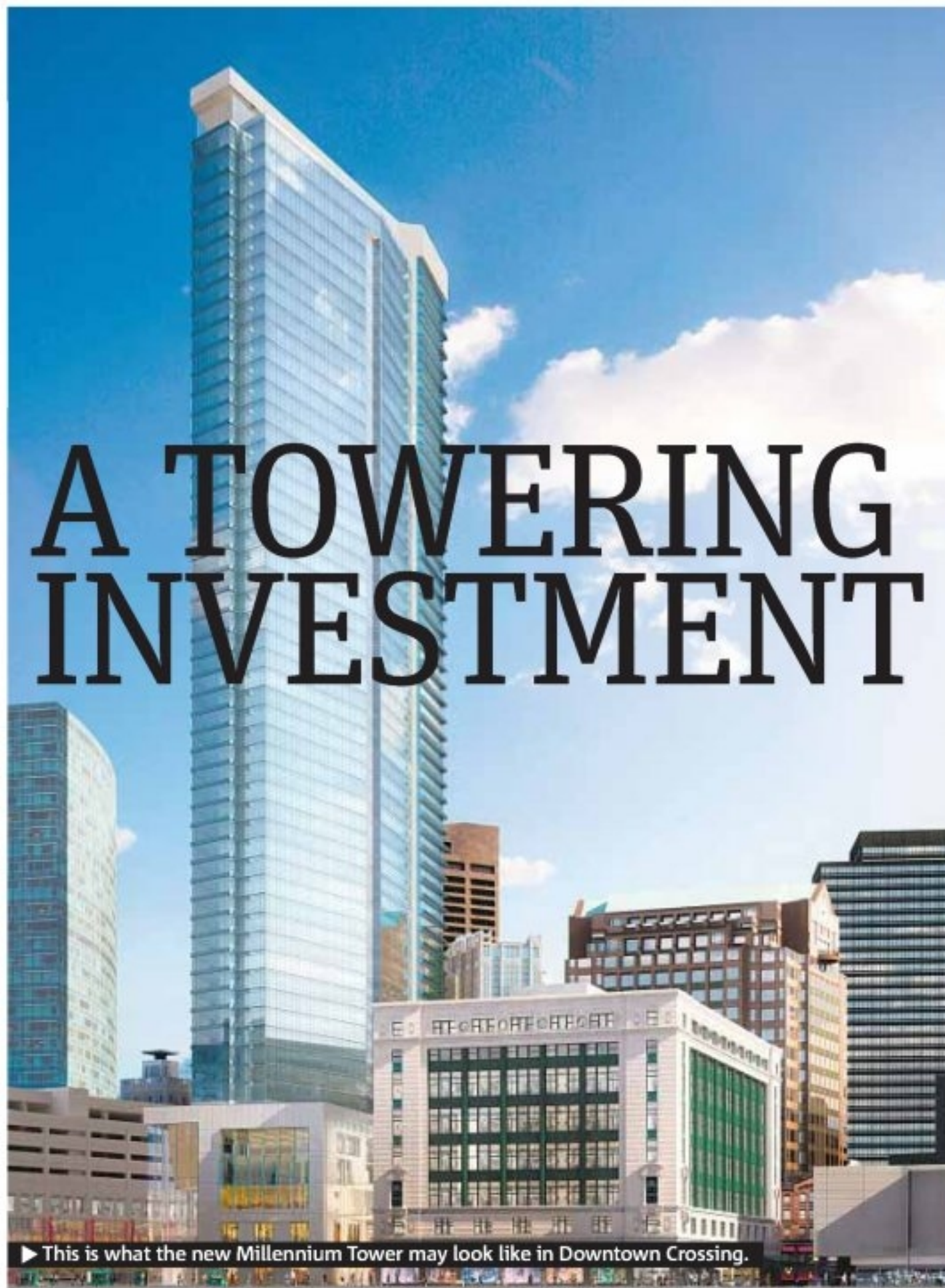
According to Pangaro, the restoration of the Burnham Building is a key element of the development because it is a national landmark.

"It's a building that has a 100-year past life and we think 100 years of future life," he says.

The original plan included a hotel, but that has been scrapped for additional condos since developers are now more confident in the residential market, says Pangaro.



CHRISTINA WALLACE
christina.wallace@metro.us



► This is what the new Millennium Tower may look like in Downtown Crossing.

MILLENNIUM PARTNERS



By the numbers

1.2M

Square feet

600

Residential units (Condominiums and rentals; one-, two-, three- and four-bedroom units)

550

Parking spaces

the lofts

ONE WESTINGHOUSE PLAZA,
HYDE PARK, MASSACHUSETTS

**Affordable Live/Work lofts Available
BRA Certified Artists ONLY**

\$125,000

- Boston Affordable Housing income limit of \$61,600.
- \$70,400 for a 2 person household
- Own your own loft for less than \$1,000 a month with 3% down.
- \$230-\$260 per month condo fee.
- Deeded parking. On site gym facilities included. On site security.
- Brick and beam lofts with artist venting and work sinks.
- 20 minutes from downtown. 1/4 mile from Readville Commuter Rail, four stops to Back Bay or South Station

Equal Housing Opportunity



Only nine artist lofts available.

All buyers must be BRA Certified Artists and have an income that does not exceed \$61,600.

BRA artist and affordable housing deed restrictions apply.

**The Lofts
at Westinghouse**

A Classic Mill Building. A Creative Renewal. A Dramatic Conversion.

Presented by
The Hamilton Company
www.theloftsatwestinghouse.com
Contact Patrick Reardon at
preardon@thehamiltoncompany.com

at home with metro



DOES RADON SCARE YOU

By Attorney George Warshaw

If you own a home, or hope to in the future, you need to know about radon. Radon is a colorless, odorless gas that emanates from rock formations below your home. It comes into the house through the foundation. It causes cancer. 21,000 people will die from it this year.

Radon is the **second leading cause of lung cancer**.

Radon can be remediated in the house by installing a relatively inexpensive fan and exhaust system, but people tend to take no action if levels meet the federal safety standard.

The federal radon standard considered "safe" is 4.0 picocuries per liter of air, expressed as 4.0 pCi/L. The federal standard, to me, is a disgrace.

According to the EPA, it is anticipated that out of 1,000 people exposed to radon, the following will **likely develop lung cancer**:

8.0 pCi/L.....15 nonsmokers or 120 smokers

4.0 pCi/L.....7 nonsmokers or 62 smokers

2.0 pCi/L.....4 nonsmokers or 32 smokers

1.3 pCi/L.....2 nonsmokers or 20 smokers

The risk is approximately **9x greater** for smokers at the federal "safe level" of 4.0.

Some consider 7 cancer victims out of a thousand an acceptable number. I don't; declaring 62 out of a thousand an acceptable number of cancer victims because they are smokers is unconscionable.

More on Radon next week © 2012 George Warshaw.



George Warshaw is a real estate attorney and author. He represents buyers and sellers of homes and condos in Massachusetts, and prepares wills, trusts, and estate plans. George welcomes new clients and questions at metro@warshawlaw.com.

Organize the gateway into your home

► Don't overlook your home's entryway ► It sets the tone for your living space and is the first impression guests get when they come over ► Ideas to organize your keys, mail, scarves and more

Colder temperatures mean we're trading our tank tops for coats, scarves and gloves. If you haven't already, now, more than ever, is the perfect time to set up a spot to pile on and peel off these extra layers — not to mention a place to or-

ganize the keys, handbags and mail cluttering your dining-room table. Don't have the luxury of a foyer or mudroom? We found some essentials to help fake one.

TINA CHADHA
tina.chadha@metro.us

Umbrella stand

With all the rainy weather we have, this item is a must. It prevents drippy umbrellas from ruining the floor and saves you the hassle of ever searching for one again. **Porcelain Umbrella Stand, \$159, www.horchow.com**



Benches

You need to park it to pull off boots and strappy heels. Bonus: Most benches come with extra storage space below. **Pottery Barn Samantha Entry Bench, \$399, www.potterybarn.com**

Mirror

Take one last look before running out the door, and you won't ever get stuck with lipstick on your teeth or toothpaste on your face again. **Crate and Barrel Clarendon Wall Mirror, \$149, www.crateandbarrel.com**

More tips

Pile pretty: Add a pretty tray on top of a shelf for an elegant way to hold mail.

Rock on: Place an old tray by the doorway and fill it with rocks. When you come in from walking in the snow or rain, place your boots on the tray to drip-dry without creating a puddle.



Nate Berkus Tray, \$25, Target stores beginning Oct. 21

Shelf, console or even dresser

No matter what kind of space you're working with, you need a spot to stash mail, keys, sunglasses and more. If you don't have any type of foyer, a shelf or super-skinny console next to your door is perfect for holding the essentials — as well as some welcoming pick-me-ups like picture frames and candles.

If you're lucky enough to have a passageway, a dresser or unit with drawers is ideal. Use the cubbies to store and hide clutter. **Urban Outfitters Modern Wall Shelf, \$22, and Reclaimed Wood Chalkboard Shelf, \$49 each, www.urbanoutfitters.com**



Hooks or a coat rack

Those of us who don't have the luxury of a hallway closet need to get creative with hooks or invest in a coat rack. Both take up very little space and prevent the coats-on-the-sofa catastrophe. **Anthropologie Melded Poppies Double Hook, \$22, www.anthropologie.com; West Elm Metal Tipped Coat Rack, \$160, www.westelm.com**



Creating Incredible Kitchens

Enhance the value, beauty and functionality of your home with a new and improved kitchen. We feature an extensive variety of fixtures to help you create the kitchen of your dreams. Stop by and browse our showroom anytime. We'd be happy to discuss the many options available to you or arrange for a free in-home consultation and estimate.



Special 10'x10' Cabinets and Granite Countertop Installation for only **\$3499**

Granite Countertops Starting from **\$29.99/sq. ft.**

Installation, materials & labor included • Residential • Commercial • Wholesale

IN HOUSE KITCHEN DESIGN

415 Neponset Ave., Dorchester, MA 02122 • Tel: 617-288-5600 • Fax: 617-288-5601

Metro Boston Mortgage Guide

Program	Rate	Points	Fees	% Down	APR
EAST CAMBRIDGE SAVINGS BANK 866-354-ECSB (3272) http://www.ecsb.com					
30 yr fixed	3.375	0.000	\$967	20%	3.422
15 yr fixed	2.750	0.000	\$967	20%	2.834
30 yr jumbo	4.625	0.000	\$807	20%	4.667
5/1 jumbo ARM	3.750	0.000	\$807	20%	3.255

Call ECSB for flexible and customized lending solutions (D) 292 Cambridge Street, Cambridge, MA 02141

NMLS# 441396

Legend: The rate and annual percentage rate (APR) are effective as of 9/25/12. © 2012 Metro Boston, Inc. The APR may increase after consummation and may vary. Payments do not include amounts for taxes and insurance. The fees set forth for each advertisement above may be charged to open the loan. (A) Mortgage Banker, (B) Bank, (C) B, D, E, F, G, H, I, J, K, L, M, N, O, P, Q, R, S, T, U, V, W, X, Y, Z, AA, AB, AC, AD, AE, AF, AG, AH, AI, AJ, AK, AL, AM, AN, AO, AP, AQ, AR, AS, AT, AU, AV, AW, AX, AY, AZ, BA, BB, BC, BD, BE, BF, BG, BH, BI, BJ, BK, BL, BM, BN, BO, BP, BQ, BR, BS, BT, BU, BV, BW, BX, BY, BZ, CA, CB, CC, CD, CE, CF, CG, CH, CI, CJ, CK, CL, CM, CN, CO, CP, CQ, CR, CS, CT, CU, CV, CW, CX, CY, CZ, DA, DB, DC, DD, DE, DF, DG, DH, DI, DJ, DK, DL, DM, DN, DO, DP, DQ, DR, DS, DT, DU, DV, DW, DX, DY, DZ, EA, EB, EC, ED, EE, EF, EG, EH, EI, EJ, EK, EL, EM, EN, EO, EP, EQ, ER, ES, ET, EU, EV, EW, EX, EY, EZ, FA, FB, FC, FD, FE, FF, FG, FH, FI, FJ, FK, FL, FM, FN, FO, FP, FQ, FR, FS, FT, FU, FV, FW, FX, FY, FZ, GA, GB, GC, GD, GE, GF, GH, GI, GJ, GK, GL, GM, GN, GO, GP, GQ, GR, GS, GT, GU, GV, GW, GX, GY, GZ, HA, HB, HC, HD, HE, HF, HG, HH, HI, HJ, HK, HL, HM, HN, HO, HP, HQ, HR, HS, HT, HU, HV, HW, HX, HY, HZ, IA, IB, IC, ID, IE, IF, IG, IH, II, IJ, IK, IL, IM, IN, IO, IP, IQ, IR, IS, IT, IU, IV, IW, IX, IY, IZ, JA, JB, JC, JD, JE, JF, JG, JH, JI, JJ, JK, JL, JM, JN, JO, JP, JQ, JR, JS, JT, JU, JV, JW, JX, JY, JZ, KA, KB, KC, KD, KE, KF, KH, KI, KJ, KK, KL, KM, KN, KO, KP, KQ, KR, KS, KT, KU, KV, KW, KX, KY, KZ, LA, LB, LC, LD, LE, LF, LH, LI, LJ, LK, LL, LM, LN, LO, LP, LQ, LR, LS, LT, LU, LV, LW, LX, LY, LZ, MA, MB, MC, MD, ME, MF, MH, MI, MJ, MK, ML, MM, MN, MO, MP, MQ, MR, MS, MT, MU, MV, MW, MX, MY, MZ, NA, NB, NC, ND, NE, NF, NH, NI, NJ, NK, NL, NM, NN, NO, NP, NQ, NR, NS, NT, NU, NV, NW, NX, NY, NZ, OA, OB, OC, OD, OE, OF, OH, OI, OJ, OK, OL, OM, ON, OO, OP, OQ, OR, OS, OT, OU, OV, OW, OX, OY, OZ, PA, PB, PC, PD, PE, PF, PH, PI, PJ, PK, PL, PM, PN, PO, PP, PQ, PR, PS, PT, PU, PV, PW, PX, PY, PZ, QA, QB, QC, QD, QE, QF, QH, QI, QJ, QK, QL, QM, QN, QO, QP, QQ, QR, QS, QT, QU, QV, QW, QX, QY, QZ, RA, RB, RC, RD, RE, RF, RH, RI, RJ, RK, RL, RM, RN, RO, RP, RQ, RR, RS, RT, RU, RV, RW, RX, RY, RZ, SA, SB, SC, SD, SE, SF, SH, SI, SJ, SK, SL, SM, SN, SO, SP, SQ, SR, SS, ST, SU, SV, SW, SX, SY, SZ, TA, TB, TC, TD, TE, TF, TH, TI, TJ, TK, TL, TM, TN, TO, TP, TQ, TR, TS, TT, TU, TV, TW, TX, TY, TZ, UA, UB, UC, UD, UE, UF, UH, UI, UJ, UK, UL, UM, UN, UO, UP, UQ, UR, US, UT, UU, UV, UW, UX, UY, UZ, VA, VB, VC, VD, VE, VF, VH, VI, VJ, VK, VL, VM, VN, VO, VP, VQ, VR, VS, VT, VU, VW, VX, VY, VZ, WA, WB, WC, WD, WE, WF, WH, WI, WJ, WK, WL, WM, WN, WO, WP, WQ, WR, WS, WT, WU, WV, WW, WX, WY, WZ, XA, XB, XC, XD, XE, XF, XH, XI, XJ, XK, XL, XM, XN, XO, XP, XQ, XR, XS, XT, XU, XV, XW, XX, XY, XZ, YA, YB, YC, YD, YE, YF, YH, YI, YJ, YK, YL, YM, YN, YO, YP, YQ, YR, YS, YT, YU, YV, YW, YX, YZ, ZA, ZB, ZC, ZD, ZE, ZF, ZH, ZI, ZJ, ZK, ZL, ZM, ZN, ZO, ZP, ZQ, ZR, ZS, ZT, ZU, ZV, ZW, ZX, ZY, ZZ.

ALTERNATIVE HOMEOWNERSHIP OPPORTUNITY

**Want a Place to Call Home?
Why not a Whole Community?**

ST. JOSEPH'S COMMUNITY, INC., located just minutes from Dudley Square in historic Roxbury, offers a great opportunity for homeownership seekers to be part of the oldest, limited equity, Mortgage-free housing cooperative in New England. Boasting spacious one to five bedroom homes, St. Joseph's Community is an outstanding, economical ownership alternative.

AMENITIES INCLUDE

Fully Appliance, Eat-In Kitchens • Varied Floor Plan • Heat & Hot Water Included
Hard Wood Flooring • Individual Access Control System
Off Street Parking • Air Conditioner Ready
Private, Rear Yards • Laundry hook-ups in 3-5 bedroom Units
Beautifully Landscaped Grounds • Exterior Monitoring System
Pet Friendly • Convenient Location

How it works... Qualified applicants purchases a share representing membership in the cooperative. A share is the amount that an applicant pays to become a member of the cooperative. St. Joseph's shares are affordably priced from \$12,485 to \$28,220, subject to change.

We welcome the occasion to further explore this opportunity with you. Please contact our management office located on site for a personalized tour and presentation.

St. Joseph's Community, Inc.
86 Crispus Attucks Place, Roxbury, MA. 02119
Phone: 617-427-3326 Fax: 617-541-0057
Website: <http://www.stjosephscommunityinc.com>
Email: info@stjosephscommunityinc.com

St. Joseph's Community, Inc.
is Professionally Managed By Trinity Management LLC.

St. Joseph's Community, Inc. does not discriminate on the basis of race, color, national origin, religion, sex, orientation, lifestyle, disability, or familial status.



BOSTON HOME CENTER UNIVERSITY



**A MORNING OF FREE CLASSES
PLUS A MORTGAGE LENDER FAIR
TO TEACH YOU EVERYTHING YOU NEED TO KNOW
ABOUT BUYING OR OWNING A HOME!**

Financial Assistance Workshop	9:00 - 10:00am 10:30 - 11:30am
Meet the Lenders	10:00 - 12:00pm
How to Hire a Contractor	9:00 - 10:15am
BHC Home Repair Info Seminar	10:00 - 11:00am
Options for Reducing Your Mortgage	11:00 - 12 noon
How to Buy a Foreclosed Property	9:00 - 10:30am
How to Buy a Home that Needs Work	10:30 - 12 noon

**Saturday, October 20, 2012
9:00-am - 12:00 noon
BCYF Holland Community Center
85 Olney Street - Dorchester**

**For workshop times and to register call
617-635-HOME (4663)
or visit www.bostonhomecenter.com**



**City of Boston - Thomas M. Menino, Mayor
Department of Neighborhood Development**

THE BOSTON HOME CENTER
www.bostonhomecenter.com
617-635-HOME (4663)

**WORRIED ABOUT PAYING
YOUR MORTGAGE?**

**LOOKING FOR OPTIONS?
YOU DON'T NEED TO PAY
TO LEARN IF YOU'RE ELIGIBLE
FOR A LOAN MODIFICATION**



**CALL US FIRST!
OUR SERVICES
ARE FREE & CONFIDENTIAL***



**Thomas M. Menino, Mayor
City of Boston
Department of Neighborhood Development**



* Boston Home Center services are for Boston Residents Only.

XII STONEHOLM



An undiscovered jewel of the Back Bay. A recently renovated full service building with a concierge, roof top pool, gym all within a par five of Newbury Street. A few hundred yards from shopping (Whole Foods) and essentials (Starbucks). In the shadow of education: Berklee, Northeastern and MIT. Easy access to the Turnpike and Storrow Drive.

www.xiistoneholm.com

- Rooftop Pool & Decks
- 24-hour security and concierge services
- Renovated lobby and common areas
- Gym with new equipment
- Interior rental garage parking (\$225 a month)

INTRODUCING THE Nikon D600: A 24.3 MP POWERHOUSE.

FINALLY, THERE'S A FULL-FRAME NIKON
FOR YOUR FULL-TIME PASSION.

- Full-frame, FX-format CMOS sensor
- Full HD 1080p video recording
- Optional WU-1b Wireless Mobile Adapter to connect to smartphones or tablets*
- Compatible with the full range of NIKKOR lenses



New!

D600

Body Only

24.3
MEGA
PIXELS

UP TO 5.5
FRAMES
PER SECOND

3.2"
SUPER SHARP
LCD MONITOR

\$2099⁹⁵

Optional WU-1b
Wireless Mobile
Adapter*

\$59⁹⁵



nikonusa.com/D600

Purchase The D600 Together With Any Of The
Following FX Lenses And Receive:



24-85mm VR
NIKKOR® Lens

Was \$599⁹⁵
NOW!
\$499⁹⁵

AFTER
**\$100
Instant
Savings***



70-200mm VR II
NIKKOR® Lens

Was \$2399⁹⁵
NOW!
\$2199⁹⁵

AFTER
**\$200
Instant
Savings***



24-70mm VR
NIKKOR® Lens

Was \$1889⁹⁵
NOW!
\$1689⁹⁵

AFTER
**\$200
Instant
Savings***



70-300mm VR
NIKKOR® Lens

Was \$589⁹⁵
NOW!
\$389⁹⁵

AFTER
**\$200
Instant
Savings***

Nikon Authorized Dealer ■

* Instant Savings valid September 23 through September 29, 2012.

† For compatibility, specifications and other information regarding the optional WU-1b Wireless Mobile Adapter, please visit www.nikonusa.com/wu1b.

Nikon® and D600™ are registered trademarks of Nikon Corporation.

** For compatibility, specifications and other information regarding the optional WU-1a Wireless Mobile Adapter, please visit www.nikonusa.com/wu1a.

Nikon® and D3200™ are registered trademarks of Nikon Corporation. ©2012 Nikon Inc.

Nikon's LATEST TECHNOLOGY AT GREAT PRICES!



At the heart of the image™



New!

D3200

18-55
VR Kit

Kit Includes 18-55mm VR Zoom-NIKKOR® Lens

24.2
EFFECTIVE
MEGAPixels

UP TO 4
FRAMES
PER SECOND

3"
LCD
MONITOR

GUIDE
MODE
EASE OF USE

Was \$699⁹⁵

NOW!

\$649⁹⁵

AFTER
**\$50
Instant
Savings***



Optional WU-1A
Wireless Mobile
Adapter to connect
to smartphones and tablets**

\$59⁹⁵



Nikon 1 J1

WITH 1 NIKKOR VR 10mm-30mm ZOOM LENS

Was \$649⁹⁵

NOW!

\$449⁹⁵

AFTER
**\$200
Instant
Savings***



Nikon 1 V1

Featuring Electronic Viewfinder

WITH 1 NIKKOR VR 10mm-30mm ZOOM LENS

Was \$899⁹⁵

NOW!

\$599⁹⁵

AFTER
**\$300
Instant
Savings***



COOLPIX S6300

16
MEGA
PIXELS

10X
WIDE
OPTICAL
ZOOM

2.7"
LCD
DISPLAY



With High Performance
CMOS Sensor

Was \$199⁹⁵

NOW!

\$169⁹⁵

AFTER
**\$30
Instant
Savings***

Introducing The Smallest
And Sexiest COOLPIX Ever!



New! COOLPIX S01

10
MEGA
PIXELS

3X
WIDE
OPTICAL
ZOOM

2.5"
LCD
DISPLAY



\$179⁹⁵

PHOTO & VIDEO
Hunt's
www.huntsphotoandvideo.com

BOSTON • 617-778-2222
CAMBRIDGE • 617-576-0969
HADLEY • 413-585-9430
MELROSE • 781-662-8822

PROVIDENCE • 401-751-5190
SO. PORTLAND • 207-773-9555
MANCHESTER • 603-606-3322
HANOVER • 781-312-1166

8 LOCATIONS • THE LARGEST SELECTION OF PHOTO, VIDEO & DIGITAL IN NEW ENGLAND